THE
Accomplisht Ladys
Delight
In Preserving Physick, Beautifying and Cookery

BODLEIAN
26·9·1911
LIBRARY

TO ALL

Ladies and Gentlewomen.

Ladies,

THough there have been many Books Extant of this kind, yet I think ſomething have been Deficient in them all. I have therefore adventured to make another, which, I ſuppoſe, comprehends all the Accompliſhments neceſſary for Ladies, in things of this Nature. For you have here,

1. *The Art of Preſerving and Candying all Fruits and Flowers; as alſo of making Conſerves, both Wet and Dry; and alſo the preparing of all ſorts of Syrups, Jellies, and Pickles.*

2. *Here are ſome Excellent Receipts in Phyſick and Chirurgery, for Curing moſt Diſeaſes incident to the Body: Together with ſome Rare Beautifying Waters, Oyls, Oyntments and Powders, for Adorning the Face and Body, and to cleanſe it from all Deformities that may render Perſons Unlovely.*

3. *You may have here a Guide to all manner of Cookery, both in the* Engliſh *and* French *Mode, with the preparing all kind of Sallets and Sauces proper thereunto.*

4. *Directions for making all sorts of Pyes, Pasties, Tarts and Custards, with the Form and Shape of many of them, to help your Practice; with Bills of Fare upon all Occasions.*

5ly, *and Lastly, The Lady's Diversion in her Garden. Containing, A handful of Choice and Novel Curiosities and Observations, relating to Plants and Flowers. Together, With brief Directions for the Nice Adorning Balconies, Turrets, and Windows, with Flowers, or Greens, every Month in the Year. So that in the whole, I hope it may deserve the Title of the* **Accomplish'd Ladies Delight**, *and may Acquire Acceptance at your Fair Hands, whereby you will very much Encourage and Oblige,*

Ladies,

Your very Humble Servant,

And Admirer,

T. P.

The

The Art of Preserving, and Candying Fruits and Flowers, as also of making all sorts of Conserves, Syrups and Jellies.

1. *To make Quince Cakes.*

BAKE your Quinces in an Oven with some of their own Juice, their Cores being cut and bruised and put to them, then weigh some of this Juice with some of the Quinces, cut into small Pieces; with their weight in Sugar, and with the Quinces some quantity of the Juice of Barberries, take the cleerest Syrup, and let it stand on the Coals 2 or 3 Hours, let them Boyl a little on the Fire, Candy the rest of the Sugar very Hard, and put them together, stirring it while it is Cold, and put it into Glasses.

2. *To make Conserve of Barberies*

When the Stalks are pickt off, Boyl them in fair Water till they Swell and be very soft, then Bruise them in a Mortar, Strain them, and Boyl them by themselves, then take for every Pound of them, 2 Pound of Sugar, and Boyl them together, but not too long, for then it will Rope.

3. *To make Conserve of Roses.*

Take the Buds of red Roses, and Slip away the white Ends, then Slip the rest of the Roses as small as you can, and beat them fine in a Marble Morter; and put to every Pound of Roses, three Pound and a half of Sugar, then put it up in a Gally-pot, and set it in the Sun for a Fortnight.

4. *To Make Cinamon Water.*

Take a Quart of White-Wine, a Quart of Rose Water, a Pint of Muscadine, half a Pound of Cinamon bruised, lay the Cinamon to Steep in the Wine 12 Hours, stirring them now and then, afterwards put them into an Alembick, and Still them with a gentle Fire, and you may draw off from it three Pints: But if you will not have it Strong, instead of Muscadine put in so much Rose-water or White-wine.

5. *To preſerve Quinces White.*

Take to every Pound of Quince, a Pound and a Quarter of Sugar, Clarifie the Sugar with the white of an Egg, Core your Quinces, but not too much, put this Sugar, and Water, and Quince, being Raw together, and ſo make them Boyl ſo faſt that you can ſee no Quince, forget not to turn them, take off what Scum you can, keep them Boyling thus till they are enough.

6. *To preſerve Raſpices.*

Take the Faireſt well Coloured Raſpices, Pick off their Stalks very Clean, then Waſh them, Beſure not to Bruiſe them; Weigh them, to every Pound of Raſpices, put 6 Ounces of hard Sugar, 6 Ounces of Sugar-Candy, Clarifie it with half a Pint of fair Water, and 4 Ounces of Juice of Raſpices, being Clarified, Boyl it to a Weak Syrup, then put in your Raſpices, Stirring them, and let them Boyl till they are enough.

7. *To make Mackroons.*

Take Almonds, Blanch them, Beat them in a Morter, with Serced Sugar mingled therewith, with the white of Egg and Roſe-water, then Beat them altogether till they are as Thick as Fritters, then Drop it upon your Wafers and Bake it.

8. *To preſerve Cherries.*

Take ſome of the Worſt Cherries and Boyl them in fair Water, and when the Liquour is well Coloured, Strain it, then take ſome of the beſt Cherries you can get, with their Weight in Beaten Sugar, then lay one laying of Sugar and another of Cherries, till all are laid in the Preſerving Pan; then pour a little of the Liquor of the Worſt Cherries into it, Boyl your Cherries till they be well Coloured, then take them up, and Boyl the Syrup till it will Button on the ſide of the Diſh, and when they are Cold, put them up in a Glaſs Covered Cloſe with paper, until you uſe them.

9. *To make Conſerves of Oranges, Lemons, Pippins.*

Boyl any of theſe Fruits, as you would do to make Paſte thereof, and when it is ready to Faſhon upon the [illegible] put it into your Gally-pots, and never

dry it; and this is all the Difference betwixt Conserve and Paste, and this serves for all hard Fruits, as Pippins, Oranges, and Lemmons.

10. *To make Symballs.*

Take fine Flower dry'd, and as much Sugar as Flower, then take as much whites of Eggs, as will make it Paste; put in a little Rose Water, with a quantity of Coriander-seed and Anniseed, then Mould it up in the Fashion you will Bake it in.

11. *To make Syrup of Clove-gilly Flowers.*

Take a Pound of Clove-gilly-flowers, the Whites being Cut off, Infuse them 2 whole Night in a Quart of fair Water, then with 4 Pound of Sugar dissolved in it, make it into a Syrup without Boyling.

12. *To make Syrup of Violets.*

Take of Violet Flowers fresh, and pick a Pound, put them into clear Water Boyling, 1 Quart, shut them up close together in a New Glazed Pot, a whole day, then press them hard out, and in 2 Pound of the Liquor Dissolve 4 Pound and 3 Ounces of white Sugar, take away the Scum, and make it into a Syrup, without Boyling.

13. *To make Marmalade of Quinces.*

Take a Bottle of Water, and 4 Pound of Sugar, let them Boyl together, when they Boyl, Scum them Clean, take the Whites of 2 or 4 Eggs and beat them to Froth, put the Froth into the Pan to make the Scum rise, Scum it Clean; take off the Kettle, and put in the Quinces and stir them, when Boyled enough put them into boxes.

14. *To make Hippocras.*

Take a Gallon of White-wine, 2 Pound of Sugar; and of Cinamon Ginger, long Pepper, Mace not bruised, Grains, Galingal, Cloves not Bruised, of each 2 penny Worth, Bruise every kind of Spice a little, and put them together in an Earthen Pot for a day, then Cast them through your Bags 2 or three times, as you see cause, and so Drink it.

15. *To make Almond-Butter.*

Take your Almonds and Blanch them, and beat them in a Mortar very small; and in Beating put a little

Water, when they are beaten pour in water into two pots, put half into one, and half into another, put Sugar to them, and ſtir them, let them Boyl a good while; ſtrain it and ſo diſh it up.

16. *To preſerve Quinces red.*

Pare your Quinces and core them; take as much Sugar as they weigh, put to every pound of Sugar 1 quart of Water, boyl your Quinces very Leiſurely cloſe Covered, turn them to keep them from ſpotting; when they are very tender and well coloured, boyl the Syrup till it will button on a diſh, and ſo put your Syrup to them.

17. *To pickle Cucumbers.*

Waſh them and dry them in a Cloth, take Water, Vinegar, Salt, Fennel-tops, ſome Dill-tops, and a little Mace, make it ſharp enough to the taſte, boyl it a while, and take it off, and let it ſtand till cold, then put in the Cucumbers, and keep them down cloſe, and within a week they will be fit to eat.

18. *To Candy Pears, Plumbs, Apricocks, clear as Amber.*

Take your Apricocks or Plumbs, and give every one a cut to the Stone in the Notch, then caſt Sugar on them and bake them in an Oven as hot as for Manchet cloſe ſtop, let them ſtand half an hour, then lay them one by one upon Glaſs-plates, and ſo dry them: In this manner you may Candy any other Fruit.

19. *To preſerve Oranges.*

Take a pound of Oranges, and a pound of Sugar, Peel the outward Rind, and the inward white skin off, then take juice of Oranges and put them into the juice, and boyl them half an hour, and take them off.

20. *To make Oyl of Violets.*

Set the Violets in ſallad Oyl and ſtrain them, then put in other freſh Violets, and let them lye twenty days, then ſtrain them again, and put in other freſh Violets, and let them ſtand all the year.

21. *To make Cream of Quinces.*

Take a roaſted Quince, pare it, and cut it into thin Slices to the Core, boyl it in a pint of Cream with a little whole Ginger, till it taſte of the Quinces to your

your liking, then put in a little Sugar and ſtrain it, and always ſerve it cold to the Table,

22. *To make a March-Pane.*

Steep 2 pound of pickled Almonds one day and 2 nights in fair Water, and Blanch them out of it, then beat them well in a Morter, and bedeck them with Roſe-water, put it to your Almonds ſo many pound of Sugar, beat it with your Almonds, then make fine Cruſt of Paſte, and ſprinkle it with Roſe-water, and Sugar; then ſpread the Stuff on it, and bake it at a very ſoft fire, always bedewing it with Damask Water, Civet, and Sugar; and laſtly with a gut of Dates gilt, or the Kernels of Fine-apple, and ſo ſet it forth.

23. *To make Almond Milk.*

Boyl French Barly, as you boyl it, caſt away the water, till you ſee the water leave to change Colour; as you put in more freſh water, then put a bundle of Strawberry leaves, and as much Cullumbine leaves, and boyl it a good while, then put in beaten Almonds and ſtrain them, and then ſtrain it with Sugar and Roſemary, then ſtrew ſome Sugar about the diſh, and ſend it to the Table.

24. *To preſerve Apricocks, or Pears, Plumbs, when green.*

Take the fruit and ſcald them in water and peel them, ſcrape the ſpungy ſubſtance off the Apricocks, or Quinces, boyl them very tender, taking their weight in Sugar, and as much water as to cover them, boyl them very Leaſurely; then take them up and boyl the Syrup till it be thick; and when they are cold put them up with your Syrup, into your preſerving Glaſſes.

25. *To pickle French Beans.*

Take your Beans and ſtring them, boyl them tender; take them off, let them ſtand till they are cold, put them into pickle of Beer Vinegar, Pepper, Salt, Cloves and Mace, with a little Ginger.

26. *To make an Excellent Jelly.*

Take 3 Gallons of Water, boyl in it a knuckle of Veal, and Calves feet ſlit in two, with all the fat clean taken from between the claws, let them boyl to a

very tender Jelly keeping it clean scum'd, and the edge of the pot always wiped with a clean Cloth, that none of the scum may boyl in, strain it from the meat, let it stand all night, the next morning take away the top and the bottom, and a quart of this Jelly, half a pint of Sherry Sack, half an ounce of Cinamon, and as much Sugar as will season it, 6 whites of Eggs well beaten, mingle all these together, then boyl it half an hour, and let it run through your bag.

17. *To make Aqua Mirabilis.*

Take of Cloves, Galanga, Cubebs, Mace, Cardamums, Nutmegs, Ginger, each 1 dram, juice of Celandine half a pound, Spirit of Wine 1 pint, White-wine, 3 pints infuse them 24 hours, and draw off a quart with an Alembik.

28. *Dr.* Stevens's *Water.*

Take of Cinamon, Ginger, Galanga, Cloves, Nutmegs, Grains of Paradise, seeds of Annis, Fennel, Caraways, of each 1 dram; herbs of Time, Mother of Time, Mint, Sage, Penny-royal, Pellitory of the Wall, Rosemary, Flowers of red Roses, Cammomile, Origanum, Lavender, of each one handful, infuse them 12 hours in 12 pints of Gascoign Wine, then with an Alembick draw away 3 pints of the strong.

29. *To make good Cherry Wine.*

Take the Syrup of Cherries, and when it hath stood a while, bottle it up, and tye down the Cork, and in a short time it will be pleasant Wine.

30. *To make Wafers.*

Take a pint of Flower, a little Dram, the yolks of 2 Eggs, a little Rose-water with some searced Cinamon and Sugar, work them together, and bake them upon hot Irons.

31. *To preserve Grapes.*

Stamp and strain them, let it settle a while, before you wet a pound of Sugar or Grapes with the Juice, stone the Grapes, save the Liquor, in the stoning take them off and put them up.

32. *To pickle Purslain.*

Take Purslain and pick it into little pieces, and put

it

it into a pot or Barrel, take a little water, Vinegar, and Salt, to your taſte, it muſt be pretty ſtrong of the Vinegar and Salt, and a little Mace, and boyl all theſe together: And pour this Liquor boyling hot into the Purſlain, and when it is cold tye it cloſe down, and in a Week or two, it is fit to eat.

32. *To preſerve green Walnuts.*

Boyl your Walnuts till the water taſte bitter, then take them off, and put them in cold Water, and peel off the Bark, and weigh as much Sugar as they weigh, and a little more water than will wet the Sugar, ſet them on the fire, and when they boyl up take them off, and let them ſtand 2 days, and then boyl them again once more.

34. *To preſerve Currants.*

Part them in the tops, and lay a laying of Currans, and a laying of Sugar, and ſo boyl them as faſt as you do Rasberries, do not put them in the Spoon but Scum them, boyl them till the Syrup be pretty thick; then take them off, and let them ſtand till they be cold, and put them in a Glaſs.

35. *To make Gooſe-berry Cakes.*

Pick Gooſe-berries, and put them in an earthen Pitcher, and ſet it in a Kettle of water till they be ſoft, then put them in a ſieve, and let them ſtand till all the juice be out, and weigh the juice, and as much Sugar as Syrup, firſt Boyl the Sugar to a Candy; and take it off, and put in the juice, and ſet them in the preſs till they be dry.

36. *To make excellent Broth.*

Take a Chicken and ſet it on the fire, and when it boyls Scum it then, put in a Mace, and a very little Oatmeal, and ſuch herbs as the party requires, and boyl it well down, and bruiſe the Chicken and put it in again and it is good broth: And to alter it you may put in 6 Prunes, and leave out the Herbs or put them in as you pleaſe, and when it is well boyled, ſtrain it and ſeaſon it.

37. *To make Angelets.*

Take a quart of new Milk, and a pint of Cream and put them together in a little Runnel, when it is come well, take it up with a spoon, and put it into the Vate softly, and let it stand 2 days till it be pretty stiff, then slip it out and Salt it a little at both ends, and when you chink it is salt enough set it a drying and wipe them, and within a quarter of a year they will be ready to eat

28. *To make Jelly of Harts-horn.*

Take 4 Ounces of shavings of Harts-horn, of the inside, and 2 Ale-quarts of Water, put this in a Pipkin, and boyl it very gently till it come to a quart, the Harts-horn must be steeped 3 or 4 Hours first, afterwards put a little into a Saucer till it be cold, and if it jellieth, it is boyled enough, then being warm take it off the fire, and strain it hard through a Cloth, and set it a cooling till it be a hard Jelly, then take 2 whites of Eggs, and beat them very well, or with a sprigg of Rosemary or Birch, (but not with a spoon) till a Water come in the bottom, then put these beaten Eggs, and the Water thereof into a Skillet, and all the Jelly upon it with 5 Spoonfuls of damask Rose-water, and a quarter of a pound of Sugar, and when it boyls, stir and lay it pretty well, then strain it through a Cloth, and let it cool: And of this take 4 spoonfuls in the morning fasting, and at 4 a Clock in the Afternoon, and this is excellent good for the weakness in the Back.

39. *To preserve Damsons, Red, or Black Plumbs.*

Take their weight in Sugar, and Water enough to make a Syrup to cover them, so boyl them a little therein, being close covered, turning them from spotting, let them stand all night in their own Syrup, then set them upon a pot of seething Water, and suffer your Plumbs to boyl no faster, than the Water under them, and when they are both sweet and tender take them up, and boyl the Syrup again till they be thick, then put in your Plumbs and it together in your Preserving Glasses.

40. *To make Rosemary-water.*

Take Rosemary and the flowers in the midst of *May* before the Sun rise, strip the Leaves and the Flowers from the stalks, take 4 or 5 Elecampane Roots, and a handful or 2 of Sage, and Roots together, till they be very small, then take 3 Ounces of Cloves, and so much of Mace, and half a pound of Anniseeds, and beat all these Spices every one by themselves, then take the Herbs and the Spices, and put thereto 4 or 5 Gallions of good White-wine, then put in all these herbs, and Spices and Wine into an earthen pot, and put the Pot into the ground about sixteen days, then take it up and distill it with a very soft fire.

41. *To make Pomatum.*

Take fresh Hogs suet cleansed from the films, and washt in White-wine one pound and as much sheeps suet washt in White-wine, then take about 16 Pomwater apples cleansed and boyled in Rose-water; add to these Rose-wood, Sassafras, Roots of *Orrice*, *Florentine* of each six Drams, of *Benzoin*, *Storax*, *Calamita*, half an Ounce of each, and so make it into an Oyntment.

42. *To make Oyl of sweet Almonds.*

Take dryed sweet Almonds as many as you please, beat them small, and put them in a hempen cloth, and without fire by degrees press out the Oyl.

43. *An Excellent Water against fits of the Mother.*

Take Briony-roots, Elder berries ripe, dresst at a gentle heat in a Furnace, and cleans'd from their stalks of each 2 Ounces; leaves of Mugwort, Bittany, Featherfew, Nep, Basil, Penny-royal, Rue, Sabine, all dryed in the Sun, of each half an Ounce peels of Oranges, the out-side dry'd, an Ounce and a half Mirrh Castoreum, of each 3 drams, Saffron 1 dram, powder them and steep them 8 days in 2 quarts of the Spirit of Wine; then strain them through a very quick Hair-strainer, keep the Liquor in a glass very well stopt.

44. *To make Syrup of Wormwood.*

Take Roman Wormwood, or Pontick Wormwood half a pound, of red Roses 2 Ounces, Indian Spike 3

drams, old White-wine and juice of Quinces of each 2 pints and a half, bruiſe them in an earthen Veſſel 24 hours, then boyl them till half be Waſted, ſtrain it, and put to the ſtraining two pounds of Sugar, and boyl it to a Syrup.

45. To make Conſerve of Quinces.

Take 3 quarts of the juice of Quinces Clarified, boyl it until two parts be waſted; then put to it 2 pounds of white Sugar, then boyl them to the thickneſs of Honey.

46. To make Syrup of Poppies.

Take the heads and ſeeds of white Popy and of black, of each 50 drams, Venus hair, 15, Licorice 5 drams, Jujubes 30 drams, Lettice ſeed 40 drams, add of the ſeeds of Mallows and Quinces tied up in a fine rag, of each 1 dram and a half; boyl them in 8 pints of Water, until half be waſted, ſtrain it, and to 3 pound of Liquor put thereto Perides and Sugar, of each 1 Pound; boyl them to a Syrup.

47. To make Honey of Roſes.

Take of white Honey deſpumed, freſh juice of red Roſes one pound, put them into a Skillet, and when they begin to boyl, throw into them freſh red Roſe-leaves picked, 4 pounds, and boyl them till the juice be waſted; always ſtirring it, then ſtrain it and put it up in an earthen Pot.

48. To make Syrup of Lemons.

Take of the juice of Lemons purified by going thro' a woolen ſtrainer, with cruſhing, 3 quarts and a half, and of white Sugar 5 pound, boyl them with a ſoft fire to a Syrup.

49. To make Spirit of Wine,

Take of good Claret, or White-wine, or Sack enough to fill the Veſſel wherein you make your diſtillation to a 3d part, then put on the Head furniſhed with roſe or Pipe, and ſo make your diſtillation firſt in Glaſſes, drawing about a 3d part from the whole as for example, 6 or 8 pints, out of Twenty-four, then diſtill it again in B. M. drawing another 3d part which is 8 pints, ſo that the oftener you diſtill it, the leſs

Liquour you have, but the more ſtrong, ſome do rectifie it 7 times.

50. *To make Syrup of Maiden-hair.*

Take of the herb Maiden-Hair freſh gathered and cut a little 5 Ounces, of roots of Liquoriſh ſcraped 2 Ounces, ſteep them 24 hours in a ſufficient quantity of hot water, then boyl them according to Art. Add 4 pound of Sugar to 5 pints of the clarified Liquor and boyl them to a Syrup.

51. *To make Syrup of Licoriſh.*

Take of the roots of Licoriſh ſcraped 2 Ounces, of Colts foot 4 handfuls, of Maiden-hair 1 Ounce of Hyſop half an Ounce, infuſe them 25 hours in a ſufficient quantity of Water, boyl them till one half be waſted, add to the ſtrained Liquor a pound of the beſt clarified Honey, and as much white Sugar, boyl them to a Syrup.

52. *To make King* William's *perfume.*

Take 6 ſpoonfuls of Roſe-water, and as much Amber-greaſe as weigheth two Barley Corns, and as much Civet, with as much Sugar as weigheth 2 pence, beaten in fine pouder, all theſe boyled together in a perfuming Pan, is an excellent perfume.

53. *The Late Queens Perfume.*

Take 4 Spoonfuls of Spike-water, and 4 ſpoonfuls of Damask-water, 30 Cloves, and 8 Bay-leaves ſhred, as much Sugar as weigheth two-pence, all theſe boyled make a good Perfume.

54. King Edwards *Perfume to make your houſe ſmell like Roſemary.*

Take 3 ſpoonfuls of perfect Roſemary, and as much Sugar as half a Walnut beaten in ſmall pouder, all theſe boyling together in a perfuming Pan upon hot Embers, with a few Coals.

55. *To make Conſerve of Roſemary.*

Take your Flowers of Roſemary, which you may gather either in *March* or *Sep.* when you have beaten them to pap, take three times their weight in Sugar, pound them altogether and ſet them in the Sun, and ſo uſe them.

56. To make Syrup of Cowslips.

Take the distilled water of Cowslips, and put thereto your flowers of Cowslips clean pickt, and the green knobs in the bottom cut off, and boyl them up into Syrup, take it in Almond Milk, or some other warm thing; it is good against the Palsie and Frensie, and to procure Sleep for Sick.

57. To make Marmalade of Lemons and Oranges.

You may boyl 8 or 9 of either, with 3 or 4 Pippins, draw them through a strainer; then take the weight of the pulp altogether in Sugar, and boyl it as Marmalade of Quinces, and box it up.

58. To make Angelica Water.

Take a handful of Cardus Benedictus, and dry it, and 3 Ounces of Angelica-roots, 1 dram of Myrrh, half an Ounce of Nutmegs, Cinamon and Ginger, 4 Ounces of each, 1 Dram and a half of Saffron, of Cardamoms, Cubebs, Galingal and Pepper, of each a quarter of an Ounce, 2 Drams of Mace, 1 dram of Grains, of Lignum Aloes, Spiknard, *Junius Odoratus*, of each a dram; Sage, Borage, Buglos, Violets, and Rosemary flowers, of each half a handful, bruise and steep them in a pottle of Sack 12 hours, and distil it as the rest.

59. To make Quiddany of cherries.

When your Cherries are fully ripe, and red to the stone, pull out the stones, and boyl them till they be all broken, then strain them, take the Liquour and boyl it over again, and put as much Sugar to it as you think convenient, and when it is boyled, that you think its thick enough, put it in Boxes.

60. To dry Cherries.

Take 6 pound of Cherries and stone them, then take a pound of Sugar and wet it with the juice of the Cherries, boyl it a little, then put in your Cherries, and boyl them till they are clear, let them lye in the Syrup a Week, then drain them from the Syrup, and lay them on thin boards to dry in a Stove, turn them twice a day till they are dry, wash off the clamines with warm water, and dry them a little longer.

61. To

61. To make brown Mathaglin.

Take ſtrong Ale-wort, put as much Honey to it as will make it ſtrong enough to bear an Egg, boyl them well together, ſet it a cooling, when it is almoſt cold put in ſome Ale-yeaſt, then put it in a ſtrong Veſſel when it hath done working, put a bag of Spices into the Veſſel, and Lemon-peel, ſtop it up cloſe, in a few days it will be fit to drink.

62. To Candy Oranges or Lemons after preſerv'd.

Take them out of the Syrup, drain them well, then boyl ſome Sugar to a candy heighth, and lay your Peels in the bottom of a ſieve, pour your hot Sugar over them, then dry them in a Stove, or warm Oven.

63. To preſerve Oranges after the Portugal *Faſhion.*

Open your Oranges at the end, take out all the meat then boyl them in ſeveral waters, till a ſtraw may go through them, then take their weight and half in fine Sugar, and put to every pound of Sugar a pint of water, boyl it and ſcum it, put in your Oranges and boyl them a little more, then take them up, and fill them with preſerved Pippins, and if you will have them Jelly, make a new Syrup with the water wherein ſliced Pippins have been boyled, and ſome Sugar, and that will be a ſtiff Jelly.

64. To make good Uquebagh.

Take 2 Gallions of Aquavitæ, 4 Ounces of the beſt Liquorice bruiſed, 4 Ounces of Anniſeeds bruiſed, put them into a Glaſs, or ſtone Veſſel, and cover them cloſe, and ſo let them ſtand a week, then draw of the cleareſt with Moloſſo's, and keep it in another Veſſel, and put in ſome Dates, Raiſons ſton'd; keep it cloſe from the Air.

65. To make Italian *Biſket.*

Take ſerced Sugar, and a little of the white of an Egg, with ſome Ambergreaſe and Muſk, beat them all to a paſte in an Alabaſter Morter, mould it into a little Anniſeed finely duſted, then make it up in Loves, and cut them about like Manchet, then bake them in an oven as hot as for Manchet, and when they are riſen

some what high upon the Plates, take them forth and remove them not off till cold, for they will be apt to break.

66. To make French *Bisket.*

Take half a peck of flower, with 4 Eggs, half a pint of Ale-yeast, one Ounce and half of Anniseed, a little sweet Cream, and a little cold Water, make all into a Loaf; and fashion it something long, then cut it into thick slices like Toasts, after it hath stood 2 days so, rub them over with powdred Sugar, and lay them in a warm Sun, and so dry them, and Sugar them as you dry them 3 or 4 times, then put them into Boxes for use,

67, To make Sugar Plates.

Take serced Sugar, and make it up in a paste with Gum-Dragon steeped in Rose-water, and when you have brought it into a perfect Paste, rowl it as thin as e're you can, and then print it in moulds of what fashion you please, let them dry.

68. To make Pomander.

Take half an Ounce of Benjamin, and as much Storax and Labdanum, with 6 grains of Musk, and as much Civet, and 2 grains of Ambergreese, and one dram of sweet Balsam, then rowl it up in Beads as big or as little as you please, and whilst hot, make holes in them for your use.

69. To make Conserve of Damsons.

Take ripe Damsons and put them into scalding Water, and half an Hour after set them over the fire till they break, then strain them through a Culender and let them cool, then strain them through a piece of Canvas from their stones and skins, then set them over the fire again, with a good quantity of red Wine, so boyl it, stirring it till it be thick, and when it is even boyled enough, put in a Convenient proportion of Sugar, stir it well together, and put it into your Gally pots.

70. To Bake Oranges.

Peel the Bark off, and boyl them in Rose-water and Sugar till they are tender, then make your Pye, and set them whole in it, and put the Liquor they were

boyled in into the Pye, season it with Sugar, Cinamon and Ginger.

71. *To preserve Peaches.*

Take a pound of your fairest and best coloured Peaches, and with a wet linnen cloth wipe off the white coat of them, then parboyl them in half a pint of White-wine, and a pint and a half of running Water, and being parboyld, peel of the white skin of them and then weigh them; take to your pound of Peaches 3 quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white-wine, and boyl it almost to the heighth of a Syrup, then put in your Peaches and let them boyl in the Syrup a quarter of an hour or more, then put them up and keep them all the Year.

72. *To preserve Goosberries.*

Take Goose-bearies, or Grapes, or Barberries, and take somewat more than their weight in Sugar beaten fine, lay one laying of Fruits, and another of Sugar, till all are laid in your preserving Pan, then take 6 spoonfuls of fair Water, and boyl your Fruits therein as fast as you can, untill they be very clear, then take them up, and boyl the Syrup by it self, till it be thick; when they are cold put them into Gally-pots.

73. *To preserve Angelica Roots.*

Wash the Roots, slice them very thin, and lay them in Water 3 or 4 days, change the Water every day, then put the Roots into a pot of Water and set them in the embers all night, in the morning put away the Water, then take a pound of Roots, 4 pints of Water, and 2 pound of Sugar, let it boyl, and Scum it clean, then put in the Roots, which will be boyled before the Syrup, then take them up and boyl the Syrup after, they will ask a whole days work very softly, at St. *Andrew*'s time is the best time to do them in all the Year.

74. *To make Syrup of Quinces.*

Take of the juice of Quinces, clarified 3 quarts boyl it over a gentle fire till half of it be consumed, scum it, and add to it three pints of red Wine, with four pound of white Sugar; boyl it to a Syrup, and Perfume

fume it with a dram of Cinamon, Cloves, and Ginger of each 2 Scrupels.

75. To make Walnut Water.

Take of green Walnut a pound and a half, Garden Radish-roots 1 pound, green Asarabacca 6 Ounces, Radish-seeds 4 Ounces, bruise them and steep them in 3 pints of White-wine Vinegar for 3 days, then distil them in a leaden Still till dry.

76. To make Treacle-water.

Take of the juice of green Walnuts 4 pound, juice of Rue 3 pound, juice of Carduus, Marigolds and Balm, of each 2 pound, green Petasits Roots 1 pound and half, Roots of Burrs 1 pound, Angelica and Masterwort of each half a pound, Leaves of Scordium 4 handfuls, old Venice-treacle and Methridate, of each 8 Ounces, Canary 6 Quarts, Vinegar 3 quarts, juice of Lemons 1 quart, digest them 2 days, either in Horse-dung, or Bath, the Vessel being close shut, then distil them in Sand, in which you may make a Theriacal extraction.

77. To make Syrup of Cinamon.

Take of Cinamon grosly bruised 4 Ounces, steep it in White-wine, and small Cinamon-water, of each half a pound, 3 days in a glass by a gentle fire, strain it, and with a pound and a half of Sugar, boyl it to a Syrup. This Syrup refreshes the vital Spirits, and cherisheth the Heart and Stomach, helps digestion, and cherisheth the whole Body exceedingly,

78. To make Syrup of Citron-Peels.

Take of fresh yellow Citron Peels, 5 Ounces, the berries of Cherms, or the juice of them brought over 2 drams, spring water 2 quarts, steep them all night, boyl them till half be consum'd, take off the Scum, strain it, and with 2 pound and a half of the whitest Sugar boyl it into a Syrup; let half of it be without Musk, but Perfume the other half with 3 grains of Musk tied up in a Bag.

79. To make Syrup of Hartshorn.

Take of Harts-horn, 3 handfuls, Polypodium of the Oak, the roots of both sorts of Bugloss, barks of the roots

roots of Capers and Tamaris of each 2 Ounces, Hops, Dodder, Maiden-hair, Balm, of each 2 handfuls, boyl them in 5 quarts of ſpring-water till it comes to four, ſtrain it, and with 4 pound of Sugar make it into Syrup, according to Art.

80. *An everlaſting Oyl Perfume, for Gloves.*

Take Benjamin two Ounces, Storax and Calamint each an Ounce, the 2 firſt muſt be finely beaten by themſelves: then take a pound of ſweet Almonds and mix it with the Storax and Benjamin upon a Marble ſtone, then put it into an earthen pot with more Oyl, then put in your Cloves poudered, ſo let it ſtand cloſe covered, and when you will perfume a pair of Gloves, take a little fair Water in a ſpoon and wipe your Gloves fine with it, take another ſpoon, and dip it in your Oyl, and rub it on your Gloves, and let them dry.

81. *An excellent water for a Conſumption.*

Take 3 pints of Milk, and one pint of red Wine, 24 yolks of Eggs, beat them very well together, then add ſo much white-bread as will drink up the Wine, put to it ſome Cowſlip Flowers and diſtill them. Take a ſpoonful of this Morning and Evening, in Chicken or Mutton Broth, and for a Month it will cure any Conſumption.

82. *To make Barley Water.*

Take a penny-worth of Barley, a penny-worth of Raiſins of the Sun, a penny-worth of Anniſeeds an half penny-worth of Licoriſh, about 2 quarts of water, boil all together till half be conſumed, then ſtrain it, when it is cold drink it, your Licoriſh muſt be ſliced into ſmall pieces.

83. *Dr. Dodate's Drink for the Scurvey.*

Take Roman Wormwood, *Cardunt Benedictus*, Scurvey-graſs, Brook-lime, Water-creeſes, Watertrifoil, of each 1 handful, Dodder, Cetrach, Scolopendria, Burrage, Bugloſs, Sorrel, Vervain, or Speedwell, of each half a handful, Elicampaine Root one Ounce, Raiſins of the Sun 3 Ounces, ſlices of Oranges and Lemons, of each 15, infuſe theſe in a double glaſs with ſo much White

White-wine as will make a pint and a half of liquor when done.

84. *A Conſerve to ſtrengthen the Back.*

Take Eringo roots, and conſerve them as you do Damask white and red Roſes, in every reſpect the pith being taken out; one pound and a half of Sugar is enough for every pound of Roots, with 3 pints of Water, ſtew them cloſely at firſt as you do your Roſes; if you add to them 5 or 6 grains of Ambergreeſe, beaten to fine pouder it will be much more Cordial.

85. *An excellent* Aqua Compoſita *for a Surfeit.*

Take a handful of Roſemary, a root of Enulacampane, a handful of Hyſop, half a handful of Tyme, 6 handfuls of Sage, as much Mint, and as much Penny-royal, half a handful of Hore-hound, 2 Ounces of Liquoriſh well bruiſed, and as much Anniſeeds, take two gallions of the beſt ſtrong Ale, and all the herbs aforeſaid, and wring them aſunder, and put them into an earthen pot well covered, and let them ſtand a day and a night; from thence put it into a braſs pot, and ſet it on a fire, and let it ſtand till it boyl, then take it from the fire, and ſet your Limbeck on the pot, and ſtop it cloſe with paſte that there come no air out of it, and ſtill it out with a ſoft fire, add to it a little Red Fennel.

86. *To make Balm-water.*

Take 4 gallons of ſtrong ſtale Ale: half a pound of Liquoriſh, 2 pound of Balm, two Ounces of Figs, half a pound of Anniſeeds, one Ounce of Nutmegs, ſhred the Balm and figgs very ſmall, and let them ſtand ſteeping 4 and 20 hours, and then put it in a ſtill as you uſe Aquavitæ.

87. *To pickle Broom-buds.*

Take Broom-buds, put them into linnen bags, and tye them cloſe, then make ſome brine with vvater and ſalt, and boyl it a little, let it be cold, then put ſome brine in a deep earthen pot, and put the bags in it, and lay ſome vveight on, let it lie till it look black, boyl them

them, and put them in Vinegar a Week or 2, and they will be fit to eat.

88. *To make good Rasberry-wine.*

Take a Gallon of Sack, in which let 2 Gallons of Rasberries ſtand ſteeping the ſpace of 24 hours, then ſtrain them, and put to the Liquor 3 pound of Raiſons of the Sun ſtoned, let them ſtand together 4 or 5 days, being ſometime ſtirred together, then pour off the cleareſt and put it up in Bottles and ſet it in a cold place, if it be not ſweet enough you may put Sugar to it.

89. *To make excellent Hippocras in an inſtant.*

Take of Cinamon 2 Ounces, Nutmegs, Ginger, of each half an Ounce, Cloves 2 Drams, bruiſe theſe ſmall, then mix them with as much Spirit of Wine, as will make them into a paſte, let them ſtand covered in glaſs the ſpace of 6 days in a cold place, then preſs out the Liquor and put it in a glaſs. A few drops of this Liquor put into any Wine giveth it a gallant reliſh and Odour, and maketh it as good as any Hippocras whatſoever in an inſtant.

90. *To make Artifical Malmſey.*

Take 2 Gallons of *Engliſh* Honey, put into it eight Gallons of the beſt Spring water, ſet theſe in a Veſſel over a gentle fire, when they have boyl'd gently an hour take them off, and when they be cold put them into a ſmall Barrel or Runlet, hanging in the Veſſel a bag of Spices, and ſet it in the Cellar, and in half a year you may drink of it.

91. *To make Artificial Claret-wine.*

Take 6 Gallions of water, 2 Gallions of the beſt Cyder, put thereto 8 pound of the beſt Malaga raiſins bruiſed in a Morter, let them ſtand cloſe covered in a warm place the ſpace of a Fortnight, every two days ſtirring them well together. Then preſs out the Raiſins, and put the Liquor into the ſaid Veſſel again, to which add a quart of the juice of Rasberries, and a pint of the juice of black Cherries; cover this Liquor with bread ſpread thick with ſtrong Muſtard, the

Mustard, the Mustard-seed being downward, and so let it work by the fire side 3 or 4 days, then turn it up and let it stand a Week, and then bottle it up, and it will taste very pleasant, far better than our Common Claret.

92. *To make Spirit of Ambergreese.*

Take Amber-greese 2 drams, of Musk a dram, cut them small, and put them into a pint of Wine, close up the Glass Hermetically, and digest them in a very gentle heat till you perceive they are dissolved, then you may use it; 2 or 3 drops or more if you please of this spirit put into a pint of Wine, gives it a rich Odour, or if you put 2 or 3 drops round the brims of the Glass it will do as well, half a spoonful of it self or mixt with specifical liquor is a rich Cordial.

93. *An Excellent sweet water.*

Take a quart of Orange-flower water, as much Rose water, 4 Ounces of Musk, Willow seeds grosly bruised, or Benjamin 2 Ounces, of Storax an Ounce, or Labdanum 6 drams, of Lavender flowers 2 Pugils, of sweet Marjoram as much, of *Calamus Aromaticus* a dram, distill all these in a Glass Still in *Balneo*, the Vessel being very well closed that no vapour breathe forth; Note that you may make a sweet water in an instant, by putting in a few drops of some distilled Oyls together into some Rose-water, and brew them all together.

94. Dr. *Burge's Plague water.*

Take 3 pints of Muscadine and boyl in it Sage and Rue, of each a handful till a pint be wasted, strain it, and set it over the fire again, put thereto a dram of long Pepper, Ginger and Nutmeg, of each half an Ounce, being all bruised together into some Rose-water, and brew them all together.

95. *To make Syrup of Hyssop.*

Take of Hyssop 1 handful, of Figs, Raisins, Dates, of each an Ounce, boyl these in 3 pints of water to a quart, then strain and clarifie it with the whites of 2 Eggs and 1 pound of Sugar, and so boyl them to a Sy- and being boyled enough keep them all the year:

96. *To make Rosa-Solis.*

Take Liquorish 8 Ounces, Annifeeds and Carraway of each an Ounce; Raifins ſton'd and Dates of each 3 Ounces, Nutmegs, Ginger, Mace, of each half an Ounce, Galingal a quarter of an Ounce, Cubebs 1 dram, Figs 2 Ounces, Sugar 4 Ounces; bruiſe theſe and diſtill them with a Gallon of Aquavitæ as the reſt, when it is diſtilled, you muſt colour it with the Herb Roſa-ſolis or Alkanet Root.

97. *To make Muſcadine Comfits.*

Take half a pound of Musk, Sugar beaten and ſearced, then take Gumdragant ſteeped in Roſe-water and 2 grains of Musk, and ſo beat them in an Alabaſter Morter till it come to a perfect Paſte, then roul it very thin and cut it in ſmall diamond pieces, and then bake them, and ſo keep them all the year.

98. *To make Conſerve of Burrage flowers.*

Let your flowers be well coloured, and pick the blacks from them, then vveigh them, and to every Ounce of flovvers you muſt take 3 Ounces of Sugar, and beat them together in a ſtone Morter vvith a vvooden Peſtle till they be very fine, then take them off, and put the Conſerve into a Pipkin, and heat it thorovv Hot, put them up, and keep them a year.

99. *To Candy Ginger.*

Take fair large Ginger and pare it, and lay it in vvater a day and a night; then take double and refined Sugar, and boyl it to the height of Sugar again, and vvhen your ſugar begins to be cold, take your Ginger and ſtir it vvell about vvhile your ſugar is hard to the Pan; then take it out piece by peace and lay it by the Fire 4 hours, then take a pot and warm it, and put the Ginger in it, tye it up cloſe, and every other Morning ſtir it about throughly and it will be Rock-Candyed in a little time.

100. *To make* Manus Chriſti.

Take half a pound of refined Sugar, and ſome Roſe-water, boyl them together till it come to Sugar, then

Gold and mingle with it, then cast it into round Gobbets, and so keep them.

101. *To make Conserve of Pruants.*

Take the best Pruants, put them into scalding Water, let them stand a while, then boyl them over the Fire till they break, then strain out the water through a Cullender, and let them stand therein to cool, then strain the Pruans through the Cullender, taking away the stones and skins, then set the pulp over the fire again, and put thereto a good quantity of red Wine, and boyl them to a thickness, still stirring them up and down, when they are almost enough, put in a sufficient quantity of Sugar, stir all well together, and then put it up in your Gally-pots.

102. *To make Chrystial Jelly.*

Take a Knuckle of Veal, and 4 Calves-feet, put them on the fire with a gallon of fair Water, and when the flesh is boyled tender take them out, then let the liquor alone till it be cold, then take away the top and bottom of the Liquor, and put the rest into a clean Pipkin, and put it into one pound of refined Sugar, with 4 or 5 drops of Oyl of Cinamon and Nutmegs, and a grain of Musk, and so let it boyl a quarter of an hour Leasurely on the fire, then let it run thro' a Jelly bag into a Bason, with the whites of 2 Egs beaten, when it is cold cut it into lumps with a spoon, and so serve 3 or 4 lumps upon a Plate.

103. *To make Jelly of Strawberries, Mulberries,* &c.

Take your Berries and grind them in a stone Morter with 4 Ounces of Sugar, and a quarter of a pint of fair Water, and as much Rose-water, boyl it in a Skillet with a little Ising-glass, and so let it run through a fine cloth into your Boxes.

104. *To Candy Rosemary-flowers.*

Pick your flowers very clean, and put to every Ounce of Flowers 2 Ounces of hard Sugar, and one Ounce of Sugar-candy, and dissolve them in Rosemary flower water, and boyl them till they come to a sugar again, when your sugar is almost cold, put in your Rosmary

flowers, and ſtir them together till they be enough, then take them out, and put them in your Boxes, and keep them in a ſtove for uſe.

105. *To Candy Buirage Flowers.*

Pick the flowers clean and weigh them, and do in every reſpect as you did your Roſemary-flowers, only when they be Candyed, you muſt ſet them in a Still, and ſo keep them in a ſheet of white Paper, putting every day a Chafing-diſh of Coals into your Still, and it will be excellently Candyed, in a ſmall time.

106. *To make Biſket Cakes.*

Take a peck of Flower, 4 Ounces of Coriander ſeed, 1 Ounce of Anniſeed; then take 3 Eggs, 3 Spoonfuls of Ale Yeaſt, and as much warm Water, as will make it as thick as paſte for Manchets, make it into a long Roul, and bake it in an Oven an hour, and when it is a day old, pare it and ſlice it, ſugar it with fearced Sugar, and put it again into the Oven, and when it is dry take it out, and new ſugar it again, and ſo box it and keep it.

107. *To make Paſte-Royal.*

Take a pound of refined Sugar, beaten and fearced, and put into a ſtone Morter, with an Ounce of Gum-dragant ſteeped in Roſe-water, and if you ſee your paſte be too Weak, put in more Sugar, if too Dry, more Gum, with a drop or two of Oyl of Cinamon, beat it into a perfect Paſte, and then you muſt Print it in your Moulds, and when it is Dry, Gild it, and ſo keep them.

108. *To make Apricock Cakes.*

Procure the faireſt Apricocks you can get, and let them be Parboyl'd very Tender, take of the ſame quantity of ſugar, whereof the pulp is, and boyl them together very well, always keeping them ſtirring for fear of burning to; when the bottom of the Skillet is Dry, they are enough, then put them into little Cards ſowed round about, and Duſt them with fine Sugar, and when they are cold, ſtone them and turn them up with ſome more of the ſame duſt, but let them

ſtand 3 or 4 days before you remove them from the firſt place; when you begin to find them Candy, take out the Cards and duſt them with Sugar.

109 *To make Conſerves for Tarts all the year.*

Take Damſons or ripe Plums, and peel of their skins, and ſo put them in a Pot, to Pippins Pared, and cut in pieces, and ſo bake them, then ſtrain them through a piece of Canvas, and ſeaſon them with Cinamon, Sugar, Ginger, and a little Roſe-water: Boyl it upon a Chafing-diſh of Coals, till it be as thick as a Conſerve, and then put it into your Gally-pots, and it will keeps all the Year.

110. *To dry Pippins.*

Take the faireſt yellow Pippins, pare them, make a hole through every one, then barboyl them a little in fair water, then take them up, and put them into as much clarified Sugar as will cover them, let them boyl gently a little while in that Syrup, then take them out and put them into an Earthen Platter, and caſt fine ſugar upon them, and ſet them into the Oven half an hour, then take them out, and caſt ſome more ſugar on them, (being turned) and ſo three times, and they will be well dryed.

111. *To make Paſte of* Genua.

Take 2 pounds of the Pulp of Quinces, and as much of Peaches, ſtrain it, and dry it in a diſh upon a chafing-diſh of Coals, then weigh it, and boyl it to the heighth of *Manus Chriſti*, and then put them together and ſo faſhion it upon a Pye-plate, and dry it in an Oven with a Chafing-diſh of Coals till it be thorow dry, and you may ſpot them with Gold.

112. *To make Leach.*

Make your Jelly for your Leach with Calves-feet as you do your ordinary Jelly, but a little ſtiffer; and when it is cold take off the top, and the bottom, and ſet it over the Fire with ſome Cinamon and Sugar, then take your Turnſole being well ſteept in Sack, and cruſh it, and ſtrain it in your Leach, boyl it ſo thick as you may ſhoe it.

113. *To*

113. *To dry any kind of Fruits, after Preserv'd.*

Take *Pippins*, *Pears* or *Plums*, after they are preserved, out of the Syrup, and wash them in warm Water, and then strew them over with sugar, finely Searced, as you do flower upon Fish, to fry, and set them into a broad earthen *Pan*, and lay them one by another; then set them into a Warm Oven, until they be dry, and turn them every day, until they be quite dry; and you may if you please, Candy them therewithal, cast Sugar 3 or 4 times as you dry them.

114. *To make Quiddany of Quinces.*

Take the Kernels out of 7 or 8 great Quinces, and boyl them in a quart of Spring-water, till it come to a pint, then put into it a quarter of a pint of Rosewater, one pound of fine Sugar, and let it boyl till it come to be of a deep Colour, then take a drop, and drop it into the bottom of a Saucer, and if it stand, take it off, then let it run through a Jelly-bag, into a Bason, then set it over a chafing-dish of Coals, to keep it Warm, then take a Spoon, and fill your Boxes as full as you please; when they be cold, cover them, and if you please to print it in Moulds wet your Moldswith Rosewater, and let it run in, and when it is cold, turn it into Boxes.

115. *To make sweet Cakes without Spice or Sugar.*

Take *Parsnips*, and scrape them clean, slice them Thin, and dry them well, beat them to Pouder, mixing one third part thereof, with two thirds of fine Wheat-flower, make up your *Paste* into Cakes, and you will find them very sweet and Delicate.

116. *To make Worm-wood Wine.*

Take small Rochel or Canahe-wine, put a few drops of the extracted Oyl of Wormwood therein, brew it together, out of one pot into another, and you shall have a more wholesome wine for your Body than that which is Sold for right Wormwood-wine.

117. *To make Sweet-bags to lye among Linnen.*

Fill your bags only with *Lignum* and *Rhodum* finely beaten, and it will give an excellent Scent.

118. To make Spirit of Honey.

Put one part of Honey to five parts of Water, when the Water boyleth, Diſſolve your Honey therein, Scum it, and having boyled an Hour or two, put it into a Wooden Veſſel, and when it is blood-warm, ſet it on the fire with Yeaſt, after the uſual manner of Beer and Ale, tun it; and when it hath lain ſome time, it will yield a Spirit by Diſtillation, as Wine and Ale.

119. To preſerve Artichoaks.

Cut off the ſtalks of your Artichoaks within two Inches of the Choak, and make a ſtrong Decoction of the reſt of the ſtalks, ſlicing them into Thin ſmall pieces, and let the Artichoaks lye in this Decoction, and when you uſe them, you muſt put them firſt in Warm-water, and then in Cold, and ſo take away the bitterneſs of them.

120. To make Syrup for a Cough of the Lungs.

Take a Pottle of fair running Water in a new *Pipkin*, and put into it half an Ounce of Sydrack, half an Ounce of Maiden-hair, and a good handful of Elecampane Roots ſliced, boyl all together, until half be boyled away, even to Syrup, then put into it the whites of Eggs, and let it boyl two or three Walms, and give the Patient a ſpoonful Morning and Evening.

121. To make Banbury Cakes.

Take 4 pound of *Currants*, waſh and pick them very Clean, dry them in a Cloth, then take three Eggs, and put away one Yolk, and beat them, and ſtrain them with Yeaſt, putting thereto *Cloves*, *Mace*, *Cinamon*, and *Nutmegs*, then take a pint of *Cream*; and as much Mornings *Milk*, and let it Warm, then take Flower, and put it in good ſtore of cold Butter and Sugar, then put in your Eggs, Yeaſt, and Meal, and work them altogether an hour or more, then ſave a piece of the Paſte, and break the reſt in pieces, and work in your *Currants*, then make your Cake what quantity you pleaſe, and cover it very Thin with the Paſte wherein were no *Currants*, and ſo bake it according to the bigneſs.

122. To

122. *To make Ginger-bread.*

Take a quart of Honey, and set it on the Coals and Refine it, then take Ginger, Pepper, and Licorise, of each a Penny-worth, a quarter of a pound of Anniseeds, and a penny-worth Saunders; beat these and Searce them, and put them into the Honey, add a quarter of a pint of Claret, or old Ale, then take three penny Manchets finely Grated, and strew it amongst the rest, and stir it till it come to a stiff Paste, make them into Cakes, and dry them gently.

123. *To make Wormwood-Water.*

Take two Gallons of good Ale, a pound of Anniseeds, half a pound of Liquorise, and beat them very fine, then take a handfuls of the crops of Wormwood, put them into Ale, and let them stand all Night, and let them stand in a Limbeck with a moderate Fire.

124. *To make Paste of Quinces.*

First boyl your Quinces whole, and when they are soft, pare them, and cut the Quince from the Core, then take the finest Sugar you can get, finely beaten or searced, and put it in a little Rose-water, and boyl it together till it be stiff enough to Mould, and when it is cold, roul and print it. A pound of Quinces will require a pound of Sugar, or thereabouts.

125. *To make thin Quince-Cakes.*

Take your Quince when boyled soft, and dry it upon a Pewter-plate, with a soft Heat, and stir it with a slice till it be hard, then take searced sugar to the same weight, and strow it upon the Quinces as you beat it in a Wooden or stone Morter, and so roul them thin and print them.

126. *To make fine Cakes.*

Take a Pottle of fine Flower, and a pound of Sugar, a little Meal, and good store of Water, to mingle the Flower into a stiff Paste, with a little Salt, and so Knead it, and roul out the Cakes thin, and bake them on Paper.

127. *To make Suckets.*

Take Curds, and the paring of Lemons, Oranges, or

Pome-Citrons, or any half ripe green Fruit, boyl them till they be tender in sweet Wort, then take 3 pound of Sugar, the whites of 4 Eggs, and a Gallon of water, beat the water and Eggs together, and then put in your Sugar, and set it on a gentle Fire, and let it boyl 6 or 7 walms, then strain it through a Cloth, and set it on again, till it fall from the Spoon, and then put it into the Rinds or Fruits.

128. *To make Leach Lombard.*

Take half a pound of blanched Almonds, 2 ounces of Cinamon beaten, and Searced, half a pound of Sugar, beat your Almonds, and strow on your Cinamon and Sugar, till it come to a Paste, then roul it, and print it as aforesaid.

129. *To make rare Damask-water.*

Take a quart of Malmsey-Leaves, or Malmsey 1 handful of Marjoram, as much Basil, 4 handfuls of Lavender, 1 handful of Bay-leaves, 4 handfuls of Damask Rose-Leaves, as many red Roses, the Peels of 6 *Oranges*, or else one handful of the tender Leaves of Walnut-trees, half an Ounce of *Benjamin*, *Calamus Aromaticus* as much, Camphire 4 drams, Cloves an ounce, Bildanum half an Ounce, then take a pottle of running Water, and put in all these Spices bruised, into your water and Malmsey together, in a Pot close stopped, with a good handful of Rosemary, and let them stand for the space of 6 Days, then Distill it with a soft Fire, and set it in the Sun 16 Days, with 4 Grains of Musk bruised, this Quantity will make 3 quarts of Water.

130. *To make Wash-balls.*

Take *Storax* of both kinds, *Benjamin*, *Calamus*, *Aromaticus*, *Lapdanum*, of each alike, bray them to pouder, with Cloves and Orris, beat them all with a sufficient quantity of Soap, till it be stiff, then work them like Paste, and make round balls thereof.

131. *To make a Musk Ball.*

Take Nutmegs, Mace, Cloves, Saffron, and Cinamon, of each the weight of Two-pence, and beat it to fine Pouder, add as much Mastick, of *Storax* the weight of Six-pence,

Six-pence, of *Lapdanum* the weight of Ten-pence, of Ambergreese the weight of Six-pence, and of *Musk* 4 Grains, dissolve and work all these in hard sweet Soap, till it come to a stiff Paste, and then make balls thereof

132. *To make Imperial Water.*

Take a Gallon of *Gascoign* Wine, Ginger, Galingal, Nutmegs, Grains, Cloves, Anniseeds, Fennel-seeds, Caraway-seeds, of each one Dram; Sage, Mint, red-Roses, Time, Pellitory, Rosemary, Wild Thyme, Camomile, and Lavender, of each a handful, then beat the Spices small, and the Herbs also, and put altogether in the Wine, and let it stand so 12 Hours, stirring it divers times, then Distill it with a Limbeck, and save the first Water, for it is best: Of a Gallon of Wine, you must not take above a quart of Water. This water Comforteth the vital Spirits, and Helpeth the Inward Diseases, that come of Cold, as the Palsie, and Contraction of Sinews, it also Killeth Worms, and Comforts the Stomach, it Cureth the Cold Dropsie, helpeth the Stone, and stinking Breath, and maketh one seem Young.

133. *To make Verjuice.*

Gather your Crabs, as soon as the Kernels turn Black, and lay them a while in a Heap, to Sweat, then Pick them from the *Stalks*, *Blacks* and *Rottenest*, then Crush and beat them all to pieces in a Tub, then make a Bag of Course Hair-cloth, as big as your Press, and Press it as long as any Moisture will drop out, having a clean Vessel underneath, to receive the Liquor, then Tun it up in sweet Hogs-heads, and to every Hogs-head, put 6 Handfuls of Damask Rose-leaves, then bring it up, and spend it as you have occasion.

134. *To make dry Sugar Leath.*

Blanch your Almonds, and beat them with a little Rose-water, and the white of an Egg, and then beat it with a good quantity of Sugar, and work it as you would work a piece of Paste, then Roul it, and Print it, only be sure to strew Sugar in the Print, for fear of Cleaving to.

135. To make fine Jumbals.

Beat a pound of Sugar fine, then take the same quantity of fine wheat Flower, and Mix them together, then take 2 Whites, and 1 Yolk of an Egg, half a quarter of a pound of Blanched Almonds, then beat them very fine all together, with half a pound of sweet Butter, and a spoonful of Rose-water, and so work it with a little Cream, till it come to a stiff Paste, then roul them forth as you please; you may add a few fine dryed Anniseeds finely Rub'd, and strewed into the Paste, with Coriander-seeds.

136. To make Spirit of Roses.

Bruise the Rose in his own Juice, adding thereto, being Temperately Warm, a Convenient Proportion either of Yeast, or Ferment, leave them a few days to Ferment, till they get a strong and Heady smell, near like to Vinegar, then distill them, and draw so long as you can find any scent of the Rose to come, then distill it again, so often till you have purchased a perfect Spirit of the Rose. You may also Ferment the Juice of Roses only, and after Distill it.

137. To make Syrup of Elder.

Take Elder Berries when they are Red, bruise them in a stone Morter, strain the Juice, and boyl it away to almost half, Scum it very Clean, take it off the Fire, whilst it is Hot, put in Sugar to the Thickness of a Syrup, put it no more on the Fire, when it is Cold, put it into Glasses, not filling them to the Top, for it will work like Beer.

138. To make Oranges of Water.

Take 2 quarts of the best *Malaga*-Sack, and put in as many of the Peels of Oranges as will go in. Cut the White clean off, steep them 24 Hours, then still them in a Glass-still, and let the water run into the Receiver, upon fine sugar Candy. You may still it in an ordinary Still.

139. To make a Cordial of great virtue.

Take a pint and a half of the strongest Ale, as may be gotten, 20 Jordan Almonds clean Wiped, but neither

ther Wash'd nor Blaunch'd, with 2 Dates Minced very small, and Stamped; then take the Pith of Young Beef, the length of 12 Inches, lay it in Water, till the Blood be out of it, then strip the Skin off it, and stamp it with the Almonds, and Dates, then strain them altogether into the Ale, boyl it till it be little Thick, give the party in the Morning 6 Spoonfuls, and as much when he goeth to Bed.

140. *An excellent Surfeit-Water.*

Take Cellandine, Rosemary, Rue, Pellitory of Spain, Scabious, Angelica, Pimpernel, Worm-wood, Mugwort, Bettony, Agrimony, Balm, Dragon, and Tormentile, of each half a pound, shred them somewhat small, and put them into a narrow Mouthed Pot, and put to them five quarts of White-Wine, stop it close, and let it stand 3 Days and Nights, stirring it Morning and Evening, then take the Herbs from the Wine, and distil them in an ordinary Still, and when you have distilled the Herbs, distill the Wine also, wherein is vertue for a weak Stomach. Take three or four spoonfuls at any time.

142. *To make Syrup of Sugar-Candyed.*

Take Sugar-Candied, and put it into a clear Bladder and tie it, but so that it may have some Vent, then put it into a bason of Water, so that the Water come not over the top of the Bladder, and cover it with a Pewter Dish, and let it stand all Night, and in the Morning take of it with a Licorice-stick.

143. *To make an Excellent Syrup against the Scurvey.*

Take of the Juice of Garden Scurvey-grass, Brooklime, and Water-cresses, of each 6 Ounces, and after it hath stood till it is clear, take 16 Ounces of the clearest and put to it 4 Ounces of the Juice of Oranges and Lemons, make it a clear Syrup, with so much fine Sugar, as will serve the turn.

144. *To make Syrup of Roses.*

When your Liquor is ready to boyl, put as many Roses as will be well steept into it, cover it close, and when the Roses are throughly White, then strain it,

and set it on the Fire again, and so use it 13 times; and to every pint of your water or Liquor, you must put a pound of Sugar, and let it stand together steeping for the space of one Night, then Scum it clean and seethe it over a quick Fire, a quarter of an Hour, then take some whites of Eggs, and beat them well together, take off your Pot, and put in the Whites, and then set it on the Fire again; and let it boyl a good while, then let it run through a Jelly-bag, till it will stand still upon your Nail.

145. *To make a comfortable Syrup.*

Take a handful of Agrimony, and boyl it in a pint of Water till half be Consumed, then take out the Agrimony, and put in a good handful of Currans, and boyl them till they are ready to break, then strain them, and make a Syrup of them, then set it on a Chafing-dish of Coals, and add thereto a little white Saunders; and Drink it hot or cold.

146. *To make Almond Caudel.*

Take 3 pints of Ale, boyl it with Cloves and Mace, and slice Bread in it, then have ready beaten a pound of Almonds blanched, and strain them out with a pint of White-wine, and Thick the Ale with it; sweeten it if you please, but beware scum the Ale when it Boyls.

147. *To Candy Cherries.*

Take your Cherries before they be full Ripe, take out the Stones, put Clarified Sugar boyled to a height and then pour it on them.

148. *To make Rose-water.*

Take a pint of Endive-water, 2 Ounces of Saffron finely beaten, then steep it therein all Night, the next day boyl it and strain out the Safron, then with Sugar boyl it up to a Syrup.

149. *To make Syrup of Saffron.*

Stamp the Leaves, and first distill the Juice, being squeezed out, and after distil the Leaves, and so you may dispatch more with one Still, than others will do with 3 or 4, and this Water is every way as Medici-

nable

nable as the other, ſerving very well in Decoctions and Syrups, &c. Though it be not altogether ſo pleaſing to the ſmell.

150. *To make Suckets of Green Walnuts.*

Take Walnuts when they are no bigger than the largeſt Haſel-Nut, pare away the uppermoſt Green, but not too deep, then boyl them in a pottle of Water, till the Water be boyled away, then take ſo much more freſh Water, and when it is boyled to the half, put thereto a quart of Vinegar, and a pottle of Clarified Honey.

151. *To make white Leach of Cream.*

Take a pint of ſweet Cream, and 6 ſpoonfuls of Roſe-water, 2 grains of Muſk, 2 drops of Oyl of Mace, and ſo let it boyl with 4 Ounces of Iſing-Glaſs, then let it run through a Jelly-bag, when it is Cold, ſlice it like Brawn, and ſo ſerve it out. This is the beſt way to make Leach.

152. *To preſerve Pome-citrons.*

You muſt take a pound and a half of Pome-Citrons, and cut them in Halves and Quarters, take the Meat out of them, and boyl them tender in fair Water, then take 2 pound of ſugar Clarified, and make Syrup for them, and let them boyl therein a quarter of an Hour, very Gently, then take them up, and let your Syrup boyl till it be Thick, then put in your Pome-Citrons, and you may keeep them all the Year.

153. *To pickle Clove Gilly Flowers for Sallats.*

Take the faireſt Clove Gilly-Flowers, clip of the Whites from them, put them into a Wide-mouthed Glaſs, and ſtrew a good deal of Sugar finely beaten among them, then put as much Wine Vinegar to them as will throughly Wet them, tye them up cloſe and ſet them in the Sun, and in a little while they will be fit for uſe.

154. *To make Leach of Almonds.*

Take half a pound of ſweet Almonds, and beat them in a Morter, then ſtrain them with a pint of ſweet Milk from the Cow, then put to it one grain of Muſk,

tw.

Two spoonfuls of Rose-water, 2 ounces of fine Sugar, the weight of 3 Shillings in Shillings that is very white, boyl them together, and let it all run through a Strainer, then still it out and serve it.

155. *To Candy Marigolds in Wedges, the Spanish Fashion.*

Take of the fairest Marigold Flowers, 4 ounces, and shred them small, and dry them before the Fire, then take 4 ounces of Sugar, and boyl it to a Height, then pour it upon a Wet Pye-plate, and between hot and cold cut it into Wedges, and lay them in a sheet of White-paper, and put them in a Stove.

156. *To Candy Eringo Roots.*

Take your Eringo's ready to be Preserved; and weigh them, and to every pound of your Roots take of the purest Sugar you can get, 2 Pound, and Clarifie it with the whites of Eggs, exceeding well, that it may be as clear as Christal, for that will be best; it being Clarified, boyl it to the height of *Manus Christi*, then dip in your Roots 2 or 3 at once, till all be Candyed, and put them in a Stove, and so keep them all the Year.

157. *To Candy Elecampane-Roots.*

Take of your Fairest Elecampane Roots, and take them clean from the Syrup, and wash the sugar off them, and dry them again with a linnen Cloth; then weigh them, and to every pound of Roots take a pound and 3 quarters of sugar. Clarifie it well, and boyl it to a height; and when it is boyled, dip in your Roots, 3 or 4 at once, and they will Candy very well, and so stove them, and keep them all the Year.

158. *To make Cinamon Sugar.*

Lay pieces of sugar in close Boxes, amongst sticks of Cinamon, or Cloves, and in a short time it will have the taste and scent of the spice.

159. *To make a Trifle.*

Take Cream and boyl it with a cut Nutmeg, add Lemon-peel a little, then take it off; Cool it a little, and season it with Rose-water and Sugar, to your Taste.

Taſte, put this in the thing you ſerve it in, then put in a little Runnet to make it come, and ſerve it up.

160. *To Candy Barberies.*

Firſt preſerve them, then dip them quickly into warm Water, to waſh off the ropy Syrup, then ſtrew them over with ſeanced Sugar, and ſet them into an Oven or Stove 3 or 4 Hours, always turning them, and caſting more fine ſugar upon them, and never ſuffer them to be cold, till they be dryed, and begin to look like Diamonds.

161. *To make Cream Apricoks,*

Firſt boyl your Apricocks with Water and Sugar, till they are Tender, and afterwards boyl them in Cream, then ſtrain them and ſeaſon it with Sugar.

162. *To make Quince Cream.*

Take a roaſted Quince, pare it and cut it into Thin ſlices to the Core, boyl it in a pint of Cream, with a little whole Ginger, till it taſte of the Quince to your liking, then put in a little ſugar and ſtrain it, and always ſerve it cold to the Table.

163. *To Preſerve Barberries.*

Take one pound of Barberries pickt from the ſtalks, put them in a pottle Pot, and ſet it in a braſs pot full of hot Water, and when they be Stewed, ſtrain them, and put to them a pound and a half of Sugar, and put to them a pint of Red Roſe-water, and boyl them a little, then take half a pound of the faireſt Cluſters of Barberries you can get, and dip them in the ſyrup while it boyleth; then take the Barberries out, boyl the ſyrup while it is Thick, and when cold, put them in the glaſſes with the Syrup.

164. *To make Cullice.*

Take a Cock and dreſs him, and boyl him in White-wine, Scum it clean, and clarifie the Broth (being firſt ſtrained) then take a pint of ſweet Cream, and ſtrain it, and ſo mix them together; then take beaten Ginger, fine Sugar, and Roſe-water, and put them altogether, and boyl it a little more.

165. *To make a Cordial strengthning Broth.*

Take a Red-Cock, strip off the Feathers from the Skin, then break his Bones to shivers with a Rolling pin; set it over the Fire, and just cover it with Water, put in some Salt, watch the scuming and boyling of it, put in a handful of Harts-horn, a quarter of a pound of blue Currans, and as many Raisins of the Sun stoned, and as many Prunes, 4 Blades of large Mace, a bottom Crust of a white Loaf, half an ounce of China-Root sliced, being steeped three Hours before in Warm-water, boyl 3 or 4 pieces of Gold, strain it, and put in a little fine Sugar, and Juice of Orange, and so use it.

166. *To make Sugar-Cakes*

Take one pound of fine Flower, one pound of Sugar finely beaten, and mingle them well together, then take 7 or 8 Yolks of Eggs, then take 2 Cloves, and a pretty piece of Cinamon and lay it in a spoonful of Rose-water all Night, and heat it almost Blood-warm, Temperate it with the rest of the stuff, when the Paste is made, make it up as fast as you can, and bake them up in a soft Oven.

167. *To take spots and stains out of Cloths.*

Take 4 ounces of white hard Soap, beat it in a Morter with a Lymon sliced, and as much Roch-Allom as an Hasel-Nut, Roul it up in a Ball, Rub the stain therewith, and after fetch it out with Warm-water, if need be.

168. *To make Cucumbers Green.*

You must take 2 quarts of Verjuyce or Vinegar, and a Gallon of fair Water, a pint of Bay-salt, and a handful of Geeen Fennel or Dill, boyl it a little, and when it is cold put it into a Barrel, then put in your Cucumbers to that Pickle, and you may keep them all the Year.

169. *To make Cakes of Lemons.*

Take of the finest double refined Sugar, beaten very fine, and searced through fine Taffany, and to half a porringer of Sugar put two spoonfuls of Water and boyl

boyl it till it be almoſt ſugar again, then grate of the hardeſt Rinded Lemon, and ſtir it into your ſugar put it into your Coffins, and a Paper, and when they be Cold, take them off.

170. *To make Black Cherry Wine.*

Take a Gallon of the Juice of Black-Cherries, keep it in a Veſſel cloſe ſtopped, till it begin to work, then filter it, and an ounce of Sugar being added to every pint and a Gallon of White-wine, and keep it ſtopped for uſe.

171. *To make Roſe Vinegar.*

Take of Red-Roſebuds (gathered in a dry time, the whites cut off, then dry them in the ſhade 3 or 4 Days) one pound, of Vinegar 8 Sextaries, ſet them in the Sun 40 days, then ſtrain out the Roſes, and put in Freſh, and ſo repeat it 3 or 4 times.

172. *To make Syrup of Vinegar.*

Take of the Roots of Smalledg, Fennel, Endive, of each 3 ounces, Anniſeeds, Smalledg, Fennel, of each one ounce, Endive half an ounce, clear Water three Quarts, boyl it gently in an Earthen Veſſel, till half the Water be Conſumed, then ſtrain and Clarifie it, and with 3 pound of ſugar, a pint and a half of White-wine-Vinegar, boyl it into a ſyrup. This is a gallant ſyrup for ſuch whoſe Bodies are ſtuffed either with Phlegm, or tough Humours, for it opens Obſtructions or ſtopping, both of the ſtomach, Liver, ſpleen, and Reins, it cuts and brings away tough Flegm and Choler.

173. *To make Syrup of Apples.*

Take 2 quarts of the juice of ſweet-ſcented Apples and the juice of Bugloſs, Garden and Wild, of Violet leaves, and Roſe-water, of each a pound, boyl them together, Clarifie them, and with 6 pound of very fine ſugar boyl them into a ſyrup.

174. *To make the Capon-water againſt a Conſumption.*

Take a Capon, the Guts being pull'd out, cut it in pieces, and take away the Fat, boyl it in a cloſe veſſel in a ſufficient quantity of ſpring-Water. Take of this

Broth 3 pints, of Burrage and Violet-water, a pint and half, White-wine one Pint, red Roſe-leaves two drams and a half, Burrage-flowers, *Violets*, and Bugloſs, of each one dram, pieces of bread out of the Oven, half a pound, Cinamon bruiſed half an ounce. Still it in a glaſs Still according to Art. This is a Sovereign Remedy againſt Hectick Fevers and Conſumption: Let ſuch as are ſubject to thoſe Diſeaſes, hold it as a Jewel.

175. To make Elder Vinegar.

Gather the flowers of Elder, pick them very clean, dry them in the ſun, on a gentle heat, and to every quart of *Vinegar*, take a good handful of Flowers, and ſet it ſtand in the ſun a Fortnight, then ſtrain the *Vinegar* from the Flowers, and put it into the Barrel again, and when you draw a quart of *Vinegar*, draw a quart of Water, and put it into the barrel Luke-warm

176. To make China Broth.

Take an ounce of China-root clipp'd Thin, and ſteep it in 3 pints of Water all Night, on Embers Covered, the next day take a Cock-chicken clean Picked and the Guts taken out, put in it's belly Agrimony and Maiden-hair, of each half a handful, Raiſins of the ſun ſtoned, one good handful, and as much French *Barley*, boyl all theſe in a Pipkin, cloſe covered on a gentle Fire, for 6 or 7 Hours, let it ſtand till it be cold, ſtrain it, and keep it for your Uſe: Take a good Draught in the Morning, and at 4 in the Afternoon.

177. To make paſte of tender Plumbs.

Put your Plumbs into an Earthen pot, and ſet it into a pot of boyling Water, and when the Plumbs are diſſolved, then ſtrain the thin Liquor from them, through a Cloth, and reſerve that Liquor to make Quiddany, then ſtrain the pulp through a piece of Canvas, and take as much ſugar as the pulp in weight, and as much water as will Wet the ſame, and ſo boyl it to a Candy-heighth, then dry the pulp upon a Chafing-diſh of Coals, then put your ſyrup and the pulp ſo hot together, and boyl it, always ſtirring it till it will

will lye upon a Pye-plate, as you lay it, and that it run not abroad, and when it is somewhat dry, then use it, but put to it the pulp of Apples.

178. *To make Cream of Coddlings.*

First scald your Codlings, and so peel off the Skin, then scrape the pulp from the Core, and strain them with a little Sugar and Rose-water, then lay your pulp of Codlings in the middle of the Dish, and so much raw Cream, round it as you please, and so serve it:

179. *To make Sugar of Roses.*

Take of Red-rose-leaves, the whites being cut off an Ounce, dry them in the Sun speedily, put to it a pound of white Sugar, melt the Sugar in Rose-water, and Juice of Roses, of each two Ounces, which being consumed by degrees, put in the Rose-leaves in pouder, mix them, put it upon a Marble, and make it into Lozenges according to Art.

180. *To make a Cream Tart.*

Cut the Crust of a Manchet, and grate it small, and mix it with thick Cream, and some sweet Butter, then take 24 Yolks of Eggs, and strain them with a little Cream, putting thereto a good quantity of Sugar, mix these very well, and set it upon a small fire, and so let it boyl till it be thick, then make a sheets of Paste as thin as you can, and raise the sides of one of them the heighth of one of your fingers in Breadth, and then fill it, and cover it with the other sheet, then bake it half a quarter of an hour, then put Sugar on it, and so serve it.

181. *To make Poppy-water.*

Take of red Poppies 4 Pound, put to them a quart of White-wine, then distil them in a common Still, then let the distil'd water be poured upon fresh Flowers, and repeated 3 times, to which add 9 Nutmegs sliced, Red Poppy-flowers a Pugil, white Sugar two ounces, set it to the Fire, to give it a pleasing Sharpness, and Order it according to your Taste.

182. *To make* Mathiolus Bezoar's *Water.*

Take of Syrup of Citron-peels a quart, and as much

of Dr. *Mathiolus* great Antidote, with 5 pints of the Spirit of Wine five times distill'd over, put all these in a Glass, that is much too big to hold them, stop it close, that the Spirit fly not out, then shake it together, that the Electuary may be well mingled with the Spirit, so let it stand a Month, shaking it together twice a Week (for the Electuary will settle at the bottom) after a Month pour off the clear Water into another Glass, to be kept for your use, stopping it very close with Wax and Parchment, else the Strength will easily fly away in Vapours.

183. *To make Marmolade of red Currans.*

Take the juice of red Currans, and put it into a pretty quantity of white Currans, clean pickt from the stalks, and Buttons at the other end; let these boyl a little together, have also ready some fine Sugar boyl'd to a Candy-height, put of this to the Currans, according to your Discretion, and boyl them together till they be enough, and bruise them with the back of your spoon, that they may be as thick as Marmalade, and when it is Cool put it into Pots: You need not stone the whole Currans, unless you please.

184. *To make a Syllabub.*

Take a pint of Verjuice in a Bowl, milk the Cow to it, then take off the Curd, and take sweet Cream and beat them together with a little Sack and Sugar, put it into your Syllabub-pot, strew Sugar on it, and serve it.

185. *To make pleasant Mead.*

Put a quart of Honey to a Gallon of Water, with about 10 sprigs of sweet Marjoram, and half so many tops of Bays, boyl all these well together, and when it is Cold, Bottle it up, and in 10 days it will be ready to Drink.

186. *To make Stoppony.*

Take a Gallon of Conduit-water, a pound of blew Raisins of the Sun stoned, and half a pound of Sugar, Squeese the juice of 2 Lemons upon the Raisins, and Sugar, and slice the Rhinds upon them, boyl the Water

Water, and pour it boyling hot upon the Ingredients of an earthen Pot, and ſtir them well together, ſo let it ſtand 24 Hours, then put it into Bottles, having firſt let it run through a ſtrainer, and ſet them in a Cellar, or other Cool place.

187. *To make Syder,*

Take a peck of Apples and ſlice them, and boyl them in a Barrel of Water, till the third part be Waſted; then Cool your Water, as you do Wort, and when it is Cold, you muſt pour the Water upon 3 Meaſures of grown Apples. Then draw forth the Water at a Tap, 3 or 4 times a Day, for 3 Days together, then preſs out the Liquor, and Tun it up, when it hath done working ſtop it up cloſe.

188. *To make Cock-Ale.*

Take 8 Gallons of Ale, then take a Cock and boyl him well, with 4 pound of Raiſins of the Sun, well ſtoned, 2 or 3 Nutmegs, 3 or 4 Flakes of Mace, half a pound of Dates, beat all theſe in a Morter, and put to them 2 quarts of the beſt Sack, and when the Ale hath done Working, put theſe in, and ſtop it cloſe 6 or 7 Days, and then Bottle it, and a Month after you may Drink it.

189. *To make a Caraway-cake.*

Take 3 pound and a half of the fineſt Flower, and dry it in an Oven, one pound and a half of ſweet *Butter*, and Mix it with the Flower very ſmall, that none of it be ſeen, then take 3 quarters of a pint of new *Ale-Yeſt*, and half a pint of *Sack*, and half a pint of New-*Milk*, with 6 Spoonfuls of *Roſt-water*, and 4 *Yolks*, and 2 Whites of *Eggs*, then let it lye before the fire half an hour or more, and when you go to make it up, put in 3 quarts of *Caraway-Comfits*, and a pound and half of *Biskets*. Put it into the *Oven*, and let it ſtand an hour and half.

190. *To make Strawberry-wine.*

Bruiſe the *Strawberries*, and put them into a Linnen-bag, which hath been a little uſed, that ſo the Liquor may run through more eaſily, then hang in the Bag, at

the Bung, into the Vessel. Before you put in your *Strawberries*, put in what quantity of Fruit you think good, to make the *Wine* of a high Colour; during the Working, leave the Bung Open, and when it hath Worked enough, stop your Vessel. *Cherry-wine* is made after the same Fashion, but then you must break the Stones.

191. *To make a Cordial Water of Clove-gilly-Flowers.*

Put Spirit of *Wine* or *Sack*, upon *Clove-gilly Flowers*, Digest it 2 or 3 Days, put all in a Glass-body, laying other *Clove-gilly-Flowers* at the Mouth of it, upon a *Cambrick* or *Boulter-cloth*; that the Spirit rising, and passing through the Flowers, may Ting it self of a beautiful Colour) add a head with a *Limbeck*, and *Receiver*: Then Distil the Spirit as strong as you like it, which sweeten with Syrup of *Gilly-flowers*, or fine *Sugar*.

192. *To make an excellent Surfeit-water.*

Take *Mint* and *Carduus* 4 parts, *Angelica* one part, *Wormwood* 2 parts; Chop and Bruise them a little, put a sufficient quantity of them into an ordinary *Still*, and put upon them enough New *Milk* to soak them, but not to have the *Milk* swim much over them. Distil this as you do *Rose-water*, stirring it sometime with a Stick, to keep the *Milk* from growing to a *Cake*.

193. *To make Mint-water.*

Take 2 parts of *Mint*, and one part of *Wormood*, and 2 parts of *Carduus*, put these into as much New *Milk* as will soak them: Let them Infuse 5 or 6 Hours, then Distil it as you do *Rose-water*, but you must often take off the Head, and stir the Matter well with a Stick: Drink of this Water a Wine-Glass full at a time, sweetned with fine *Sugar* to your Taste.

194. *To Pickle Artichoaks.*

Take your *Artichoaks* before they are Overgrown, or too full of Strings, and when they are pared Round, that nothing is left but the bottom, Boyl them till they be indifferent Tender, but not full Boyled, take them up, and let them be Cold, then take good *Stale-*

Beer

Beer and *White-wine*, with a great quantity of whole *Pepper*, so put them up into a *Barrel*, with a small quantity of *Salt*; keep them close, and they will not be Sowre, it will serve for Baked and Boyl'd Meats, all the Winter.

195. *To make Rasberrie-Cream.*

When you have boyled your *Cream*, take 2 Ladlefuls of it, being almost cold, bruise the *Rasberries* together, and season it with *Sugar* and *Rose-water*, and put it into your *Cream*, stirring it altogether, and so dish it up.

196. *To make Snow Cream.*

Break the whites of 6 *Eggs*, put thereto a little *Rose-water*, beat them well together, with a Bunch of *Feathers*, till they come perfectly to resemble *Snow*, then lay on the said *Snow* in heaps, upon other *Cream* that is Cold, which is made fit for the Table: You may put under your Cream in the bottom of the Dish, part of a Penny-Loaf, and stick therein a branch of *Rosemary*, or *Bays*, and fill your Tree with the said *Snow*, to serve it up.

197. *To make Hydromel*

Take 18 quarts of *Spring-water*, and one quart of *Honey*; when the Water is Warm, put the *Honey* into it, when it boyls up, Scum it very well, even as long as any Scum will rise; then put in one Race of *Ginger*, Sliced in thin slices, 4 *Cloves*, and a little Sprig of Green *Rosemary*, boyl altogether an Hour, then set it to Cool, till it be Blood-warm, and then put to it a Spoonful of *Ale-Yeast*, when it is Work'd up, put it into a Vessel of a fit Size, and after 2 or 3 Days Bottle it up; you may Drink it in 6 Weeks, or 2 Months.

198. *To make Whipt Syllabub*

Take the Whites of 2 *Eggs*, and a Pint of *Cream*, with 6 Spoonfuls of *Sack*, and as much *Sugar* as will sweeten it, then take a *Birchen rod* and Whip it, as it riseth in the Froth scum it, and put it into the *Syllabub* Pot, so continue it with Whipping, and Scuming, till your *Syllabub* Pot be full.

199. *To make Marmalade of Cherries.*

Take 4 pound of the best *Kentish-Cherries*, before they be stoned, to one pound of pure *Loaf-Sugar*, which beat into small pouder, stone the *Cherries*, and put them into a Preserving-pan, over a gentle Fire, that they may not boyl, but dissolve much into Liquor. Take away with the Spoon much of the Thin Liquor, leaving the *Cherries* moist enough, but not Swimming in clean Liquor; then put to them half your *Sugar*, and boyl it up very quick, and scum away the Froth that riseth, when it is well incorporated and clear, strew in a little more of the *Sugar*, and continue so by little and little, till you have put in all your *Sugar*, which will make the Colour the Fairer; when they are boyled enough take them off, and bruise them with the back of a Spoon, and when they are Cold, put them up in Dots.

200. *To make a Homery-Caudle.*

When *Homery* is made, and cold, you may make a pleasant and wholsom *Caudle* of it, by taking some lumps and spoonfuls of it, and boil it with *Ale* and *White-wine*, then sweeten it to your Taste with *Sugar*. There will remain in the *Caudle* some lumps of the congealed *Homery*, which are not ingrateful.

201. *To Preserve Fruit all the Year.*

Put the *Fruit* into a fit Case of *Tin*, and soder it together, so that no Air can get in; then lay it at the bottom of a cold *Well*, or running *Water*.

202. *To make a most Rich Cordial.*

Take Conserve of Red *Roses*, Conserve of *Orange-Flowers*, of each 1 Ounce; *Confect. Hyacinthi*, *Bezoardick*, *Theriacal Powder*, of each 2 Drams; Confection of *Alkermes* 1 dram; of Powder of *Gold* one scruple; mix all these well together in the form of an *Opiate*, and if the Composition be too dry, add to it some syrup of Red *Currans*, as much as is needful; take of this Composition every Morning the quantity of a *Nut*.

203. *To make Red Currans Cream.*

Bruise your *Currans* with some boiled *Cream*, then strai

ſtrain them through your ſtrainer or ſieve and put the liquid ſubſtance thereof to the ſaid *Cream* being almoſt cold, and it will be ready; ſo ſerve it up.

204. *To Preſerve Medlars.*

Take the weight of them in *Sugar*, adding to every Pound thereof a Pint and a half of fair *Water*, let them be ſcalded therein, till their skin will come off, then take them out of the *Water*, and ſtone them at the Head, then add your *Sugar* to the *Water*, and boil them together, then ſtrain it, and put your Medlars therein, and let them boil apace till it be thick; take them from the Fire, and keep them for uſe.

205. *To make White Mead.*

Take 6 Gallons of *Water*, and put in 6 Quarts of *Honey*, ſtirring it till the *Honey* be throughly melted, then ſet it over the Fire, and when it is ready to boil, ſcum it very clean, then put in a quarter of an ounce of *Mace*, and as much *Ginger*, half an ounce of *Nutmegs*, ſweet *Marjoram*, broad *Thyme*, and ſweet *Briar*, of all together a handful, and boil them therein, then ſet it by till it be throughly cold and then barrel it up, and keep it till it be Ripe.

206. *To make Naples Biſket.*

Take of the ſame ſtuff the Makroons are made of, and put to it an Ounce of *Pine-Apple ſeeds*, in a quarter of a pound of ſtuff; for that is all the difference between *Mackroons* and *Naples Biſket*.

207. *To make Chips of Quinces.*

Scald them very well, and then ſlice them into a Diſh, and pour a Candy ſyrup to them ſcalding hot; and let them ſtand all Night, then lay them on Plates and ſcarce *Sugar* on them, and turn them every day, and ſcrape more *Sugar* on them till they be dry. If you would have them look clear, heat them in *Syrup* but not to boil.

208. *To make Lozenges of Roſes.*

Boil *Sugar* to a hight, till it is *Sugar* again, then beat your *Roſes* fine, and moiſten them with the Juice of *Lemons*, and put them into it, let it not boyl, till your

Roſes

Roſes are in, but pour it into a *Pye-plate*, and cut it into what form you pleaſe.

209. *To make Conſerve of Bugloſs-Flowers.*

Pick them as you do *Burrage-Flowers*, weigh them, and to every ounce, add 2 ounces of *Loaf-Sugar*, and 1 of *Sugar-Candy*, beat them together, till they become very fine, then ſet it on the *Fire*, to Diſſolve the *Sugar*, and when it is ſo done, and the Conſerve Hot, put it into your *Glaſſes*, or *Gally-pots*, for your Uſe.

210. *To Pickle Lemon and Orange-peel.*

Boyl them with *Vinegar* and *Sugar*, and put them up into the ſame *Pickle*, you muſt obſerve to Cut them into ſmall Thongs, the length of half your *Lemon*, being pared, it is a Handſome *Winter Sallet*; boyl them firſt in *Water*, before you boyl them in *Sugar*.

211. *To make Gooſe-berry Paſte.*

Take *Gooſe-berries*, and Cut them one by one, and Wring away the Juice, till you have got enough for your Turn, boyl your Juice alone, to make it ſomewhat Thicker, then take as much fine *Sugar* as your Juice will ſharpen, dry it, and then beat it again, then take as much *Gum-dragoon* ſteeped in *Roſe-water*, as will ſerve, then beat it into a *Paſte*, in a *Marble-Morter*, then take it up, and Print it in your *Moulds*, and dry it in your *Stove*, when it is Dry, Box it up for your uſe, all the Year.

212. *To make Suckets of Letuce-ſtalks.*

Take *Letuce-ſtalks*, and Peel away the out-ſide, then Parboyl them in fair *Water*, and ſo Boyl it to a *Syrup*, and when your *Syrup* is almoſt cold put in your *Roots*, and let them ſtand all Night, to take *Sugar*, then boyl your Syrup again, becauſe it will be Weak, and then take out your *Roots*.

213. *To make Muſk Sugar.*

Bruiſe 4 or 5 Grains of *Muſk*, put it in a piece of *Cambrick* or *Lawn*, lay it at the bottom of a *Gally-pot* and ſtrew *Sugar* thereon, ſtop your pot cloſe, and all your Sugar in a few days will both ſmell and Taſte of *Muſk*, and when you have ſpent the Sugar, lay more Sugar thereon, which will alſo have the ſame Scent.

214.

214. *Do Preserve Roses or Gilly-Flowers whole.*

Dip a *Rose* that is neither in the Bud, nor Over-blown, in a Syrup, consisting of *Sugar* double Refined, and *Rose-water*, boyled to its full Height, then open the Leaves, one by one, with a fine smooth *Bodkin*, either of *Bone* or *Wood*, then lay them on Papers, in the Heat, or else dry with a gentle Heat, in a close Room, Heating the Room before you set them in, or in an *Oven*, then put them up in *Glasses*, and keep them in dry *Cup-boards*, near the fire.

215. *To make Syrup of Mint.*

Take the Juice of sweet *Quinces*, and between sweet and sour, the Juice of *Pomegranates*, sweet, and between sweet and sour, of each a pint and Half, dryed *Mint* half a pound, red *Roses* 2 ounces, let them lye in steep one day, then boyl it half away, and with 4 pound of *Sugar* boyl it into *Syrup*, according to Art.

216. *To make Honey of Mulberries.*

Take the Juice of *Mulberries*, and *Black-berries*, before they be Ripe, gathered before the *Sun* be up, of each a Pound and Half, *Honey* 2 Pound, boyl them to their due Thickness.

217. *To make Syrup of Purslain.*

Take of the Seed of *Purslain*, Grosly Bruised, half a Pound, of the Juice of *Endive* Boyled and Clarified, 2 Pints, *Sugar* 2 Pound, *Vinegar* 9 Ounces, Infuse the Seeds in the Juice of *Endive*, 24 Hours, afterwards boyl it half away, with a gentle Fire, then strain it, boyl it with the *Sugar*, to the consistence of a *Syrup*, adding the *Vinegar* towards the latter end, of the Decoction.

218. *To make Honey of Raisins.*

Take of *Raisins* of the *Sun* cleansed from the stones, 2 Pound, steep them in 6 Pints of Warm *Water*, the next day boyl it half away, and Press it strongly, then put 2 Pints of *Honey*, to the Liquor that is pressed out, and boyl it to a Thickness: It is good for a Consumption, and to loosen the Body.

219. *To make a Syrup of Comfrey.*

Take the Roots and Tops of *Comfrey*, the greater and the leſs, of each 3 handfuls; red *Roſes*, *Bettony*, *Plantain*, *Burnet*, *Knot-graſs*, *Scabious*, *Colts-feet*, of each 2 handfuls; preſs the juice out of them, all being green and bruiſed, boyl it, ſcum it, and ſtrain it, add to its weight of *Sugar*, and make it into a Syrup according to Art.

220. *To Pickle Quinces.*

Boyl your *Quinces* in *Water* till they be ſoft, but not too violently, for fear of breaking them, when they are ſoft take them out, and boyl ſome *Quinces* pared, quartered and cored, and the paring of the *Quinces* with them in the ſame Liquor, to make it ſtrong; and when they are boyled, that the Liquor is of a ſufficient Strength, take out the quartered *Quinces* and parings, and put the Liquor into a Pot big enough to receive all the *Quinces*, both whole and quartered, and put them into it when the Liquor is thorough cold, and keep them for uſe cloſe covered.

221. *To make Plague water.*

Take a pound of *Rue*, of *Roſemary*, *Sage*, *Sorrel*, *Celandine*, *Mugwort*, of the Tops of red *Brambles*, *Pimpernel*, wild *Dragon*, *Agrimony*, *Balm*, *Angelica*, of each a pound; put theſe Compounds in a Pot, fill it with *White-wine* above the Herbs, ſo let it ſtand 4 Days; then diſtill it for your uſe in an *Alimbeck*.

222. *To make clear Cakes of Quinces.*

Prepare your *Quinces* and *Barberries* as before, and then take the cleareſt Syrup, and let it ſtand on the Coals 2 or 3 Hours; then take the weight of it in *Sugar*, and put near half the *Sugar* to the juice, and ſo let them boyl a little on the Fire, and then Candy the reſt of the *Sugar* very hard, and ſo put them together, ſtirring it till it be almoſt cold, and ſo put it into Glaſſes.

223. *To make all ſorts of Comfits, and to cover Seeds, or Fruits, with Sugar.*

You muſt provide a Baſon very deep, either of Braſs or Tin, with 2 Ears of Iron, to hang, with a Rope, over an Earthen Pan with hot Coals, then provide a broad

broad Pan for Aſhes, and put hot Coals upon them, and another clean Baſon to melt your *Sugar* in, or a Skillet; as alſo a Ladle of Braſs, to run the *Sugar* upon the Seeds, together with a ſlice of Braſs, to ſcrape away the *Sugar* from the Baſon that hangs, if there be occaſion; then take ſome of the beſt and faireſt *Sugar* you can get, and beat it into Pouder, cleanſe your Seeds well, and dry them in the hanging Baſon, put a quarter of a pound of Seeds, whether Aniſeeds, or Coriander-ſeeds, to every 2 pound of *Sugar*, and that will make them big enough; but if you would have them bigger, add the more *ſugar*, which you muſt melt thus; put 3 pound of *Sugar* into your Baſon, adding to it one pint of clean Running-water; ſtir it well with a brazen Slice, till it be well moiſtened, then ſet it over a clear Fire, and melt it well, and let it boyl mildly till it Ropes from the Ladle, then keep it upon hot Embers, but let it not boyl, and ſo let it run upon the Seeds from the Ladle: If you would have them done quickly, let your *Water* be boyling hot, and putting a Fire under the Baſon, caſt on your *Sugar* boyling hot; put but as much *Water* to the *Sugar* as will diſſolve the ſame, neither boyl your *Sugar* too long, which will make it black; ſtir your Seeds in the Baſon as faſt as you can, as you caſt on the *Sugar*; at the firſt, put in but half a Spoonful of the *Sugar*, moving the Baſon very faſt, rubbing the Seeds very well with your Hand, which will make them take *Sugar* the better, and let them be very well dryed between every Coat, repeat this rubbing and drying of them between every Coat, which will make them the ſooner rot; for this way in every 3 Hours, you may make 3 pound of Comfits. A quarter of a pound of Coriander-ſeeds, and 3 pound of *Sugar*, will make very large Comfits; keep your *Sugar* always in good temper, that it run not into lumps. When your Comfits are made, lay them to dry on Papers, either before the Fire, or in the hot Sun, or in an Oven, which will make them

224. *To Candy Nutmegs or Ginger.*

Take 2 pound of fine *Sugar*, and 6 or 7 spoonfuls of *Rose-water*; *Gum-Arabick*, the weight of a Six-pence, but let it be clear, boyl all these together, till they Rope; put it then out into an earthen Dish, put to it your *Nutmegs* or *Ginger*, then cover it close, and lute it with *Clay* that no Air enter in; keep it in a warm place about 20 Days, and they will Candy into a Rocky Candy; then break your Pot, and take them out: In the same manner you may Candy Oranges and Lemons.

225. *To make Curran-Wine.*

Pick a Pound of the best *Currans*, and put them in a deep strait mouth'd earthen Pot, and pour upon them about 3 quarts of hot *Water*, having first dissolved 3 spoonfuls of the purest and newest Ale-yeast, stop it very close, till it begins to Work, then give it Vent, as is necessary, and keep it warm for about 3 days; it will work and ferment, taste it after 2 days, to see if it be grown to your liking; then let it run through a strainer, to leave behind all the Currans and Yeast, and so bottle it up; it will be very quick and pleasant, and is admirable good to cool the Liver and cleanse the Blood; it will be ready to drink in 5 or 6 days after it is bottled, and you may drink it safely.

226. *To make a Sweet-Meat of Apples.*

Make your Jelly with slices of *John-Apples*, but first fill your Glasses with slices cut round ways, and pour in the Jelly to fill up the Vacuities; let the Jelly be boyled to a good stiffness, and when it is ready to take from the Fire, put in some juice of *Lemon* and *Orange* if you like it, but let them not boyl, but let it stand up on the Fire awhile, upon a pretty good heat, that the juice may incorporate well; a little *Amber-greese* added doth very well.

227. *To make Conserve of Sage.*

Take a pound of Flowers of *Sage* fresh blown, and beat them in a Mortar, afterward put them in a Glass [illegible] them by a warm fire

or in the Sun, and be ſure to ſtir them once a Day at leaſt, and it will keep good a Twelve-month at leaſt.

228. *To make Paſte of Cherries.*

Boyl ſome fair *Cherries* in water till they come to pap, and then ſtrain them through a ſieve, then boyl ſome good *Pippins* unto pap, alſo put a quarter of a pound of the *Apple-pap* to a pound of the pap of *Cherries*, and mingle them together, then dry it, and ſo make it up into *Paſte*.

229. *To make Marmalade of Oranges.*

After you have pared your *Oranges* very thin, let them be boyled in three or four waters, even till they grow very tender, then take a quarter of a hundred of good *Kentiſh Pippins*, divide them, and take out the *Cores*, boyl them very well to pap or more, but let them not loſe their colour, then paſs your *Apples* through a ſtrainer, and put a pound of *Sugar* to every pint of *Juice*, then boyl it till it will Candy, then take out the pulp of the *Orange*, and cut the peel into long ſlices very thin, put in your peel again adding to it the Juice of 2 or 3 *Lemons*, and boyl it up to a *Candy*.

230. *To make a Paſte of Apricots.*

Let your *Apricots* be very ripe, and boyl them, then put them into a skillet, and ſet them over the Fire without water, ſtir them very well with a skimmer, and let them be over the Fire till they be very dry, then take ſome *Sugar* and boyl it into a Conſerve and mix an equal quantity of each together, and ſo make it into *Paſte*.

231. *To Pickle Artichoak-Bottoms.*

Take the beſt *Bottom* of *Artichoaks*, and parboyl them, and when they are cold and well drained from the water and dryed in a cloath, take away all the moiſture, then put them into pots, and pour your *Brine* upon them, which muſt be as ſtrong as you can make it, which is done by putting ſo much *Salt* to it as will receive no more, ſo that the *Salt* ſinks whole to the bottom; cover over your *Artichoaks* with this water, and pour upon it ſome ſweet *Butter* melted to a thickneſs of two *Fingers*, that no *Air* may come in, when the

Butter is cold, ſet up your *Pot* in a warm place, covered cloſe from *Vermine*. Before you put the bottoms in a Pot you ſhould pull off all the leaves and choak, as they are ſerved at Table: The beſt time to do this is in *Autumn*, when your plants produce thoſe which are young and tender, for theſe you ſhould pickle before they open and flower, but not before their Heads are round, when you would eat them you muſt lay them in water, ſhifting the water ſeveral times, then boyl them once again, and ſo ſerve them again.

232. *To Pickle Cornelians.*

Gather the faireſt and biggeſt *Cornelians* when they firſt begin to grow red, and after they have lain a while, put them up into a *Pot* or *Barrel*, filling them up with *Brine*, as for *Artichoaks*, and put to them a little green *Fennel*, and a few *Bay-leaves* to make them ſmell well, then ſtop them up very cloſe, and let them ſtand for a Month, if you find them too ſalt, make the Pickle weaker before you ſerve them to Table.

233. *To make Jelly of Apples.*

Take either *Pippins* or *John-Apples*, and cut them into quarters, either pared or unpared, boyl them in a good quantity of water till it be very ſtrong of the Apples, take out the clear Liquor, and put to it a ſufficient quantity of *Sugar* to make a Jelly, with the ſlices of Apples, boyl all together, till the Apples be enough, and the Liquor like a Jelly; or elſe you may boyl the ſlices in *Apple-Liquor* without *Sugar*, and make Jelly of the other Liquor, and put the ſlices into it when they be Jelly and it is ſufficiently boyled, put to it ſome Juice of Lemon and Amber, and Muſk if you will.

234. *To make Jelly of Gooſeberries.*

Let your *Gooſeberries* be full ripe, then ſtrain them through a Strainer, and to every Two pound of Juice put Three quarterns of *Sugar*, boyl it before you mix it and then boyl it again together; when they are mixed try them upon a plate; when its enough it riſeth off.

235. *To make Bragget.*

Put 2 buſhels and a half of *Malt* to 1 Hoſhead of water, the firſt running makes half a Hogſhead very good, but not very ſtrong, the ſecond is very weak: Boyl but half a quartern of Hops, put your water to the *Malt* the ordinary way; boyl it very well, and work it with very good Beer yeaſt: Now, to make *Bragget*, take the firſt running of this Ale, but put leſs Honey in it then you do for your ordinary Mead, put twice or thrice as much Spice and Herbs, then put it in a Veſſel, after its working with the Yeaſt, hang within it a bag of bruiſed Spices, rather more than you boyled it with, and let it hang in the barrel all the while you draw it.

236. *To make a Syrrup for one ſhort-winded.*

Take a good handful of *Hyſſop*, and a handful of *Horehound*, and boyl them in a quart of *ſpring water* to a pint, then ſtrain it through a clean *cloath*, and put in *Sugar* to make it pleaſant. Stir it Morning and Evening with a Liquoriſe ſtick, and take about three ſpoonfuls at a time.

Excellent Receipts IN Phyſick and Chirurgery.

1. *A true Receipt for making that famous Cordial-Drink; known by the Name of* **Daffy's Elixir Salutis.** *As it was given by him to Sir* Richard Ford, *when Lord-Mayor of* London.

TAke of Anniſeeds, Coriander-ſeeds, ſweet Fennel-ſeeds, Parſley-ſeeds, of each 2 Ounces; of Spaniſh Licoriſe 2 Ounces; Senna 2 Ounces; Rhubarb 2 Ounces; Elecampane 2 Ounces; Guaicum 2 Ounces

Six penniworth of Saffron; and one pound of Raisins of the Sun stoned: Mix these all together, and put them into 3 quarts of the smallest Aqua-Vitæ, in a Stone or Glass Bottle; let it stand and infuse fourteen days, (at least, but the longer the better) near the fire, that it may receive some warmth, for it will infuse the better and sooner; then pour off your Liquor into a Vessel, and take your drugs and press them as dry as you can, and put the Liquor you squeeze out to the other; and so bottle it up for use.

2. *An Approved Medicine for the Stone and Gravel.*

Take the hard Roe of a Red Herring, and dry it upon a Tile, in an Oven, then beat it to powder, and take as much as will lye upon a Six-pence every Morning, fasting, in a Glass of Rhenish-Wine.

3. *An Excellent Drink for the Scurvy.*

Take a pound of Garden *Scurvy-Grass*, six handfuls of *Wormwood* and *Elder-tops*, one Ounce of *Caraway-seeds*, and an Ounce of *Nutmegs*, put them all together into 6 Gallons of *New Ale*, and let them work together, and after a convenient time of working, drink of it every Morning fasting.

4. *A Receipt for the Gout, known to be very helpful.*

Take 5 or 6 *Black Snails*, and cut off their heads, then put to it one Penny-worth of *Saffron*, and beat them together, spread them on a woolly side of a piece of Sheeps Leather, and apply it to the soles of the feet, anointing the sore place with the Marrow of a Stone-horse.

5. *For Griping of the Guts.*

Take *Anniseeds*, *Fennel*, *Bay berries*, *Juniper-berries*, *Tormentil*, *Bistort*, *Balaustins*, *Pomegranate-Pills*, each one ounce, *Rose leaves* a handful, boyl them in *Milk*, strain it, and add the *Yolk* of an *Egg*, six grains of *Laudanum*, dissolved in the Spirit of *Mint*, prepare it for a Glister, and give it warm.

6. *A Sovereign Medicine for any Ach or Pain.*

Take *Barrows grease*, a lapful of *Arch-Angel leaves*, flowers, stalks and all, and put it into an Earthen-pot, and

and stop it close, and paste it, then put it in a horse dung-hill nine days in the latter end of *May*, and nine days in the beginning of *June*, then take it forth, and use it.

7. *For the Sciatica, and Pain in the Joynts.*

Take *Balm* and *Cinquefoyl*, but most of all *Betony*, *Nep*, and *Featherfew*, stamp them, and drink the Juice with Ale and Wine.

8. *For an Ague.*

Take the Root of a *Blew Lilly*, scrape it clean, and slice it, and lay it in soak all night in Ale, and in the morning stamp it, and strain it, and give it to the Patient Luke-warm, to drink, an hour before the Fit cometh.

9. *For all Fevers and Agues in sucking Children.*

Take powder of *Christal* and steep it in Wine, and give it to the Nurse to drink, also take the Root of *Devils-bit*, with the Herb, and hang it about the Child's Neck.

10. *A good Medicine to strengthen the Back.*

Take *Comfrey*, *Knot-grass*, and Flowers of *Arch-Angel*, boyl them in a little Milk, and drink it off every Morning.

11. *For the Head-ach.*

Take *Rose-Cakes*, and stamp them very well in a Morter with a little Ale, and let them be dryed by the Fire on a Tile sheard, and lay it to the Nape of the Neck to Bed-ward.

12. *For the Yellow-Jaundice.*

Take a great white *Onion*, and make a hole where the blade goeth out, to the bigness of a Chesnut, then fill the hole with *Treacle*, being beaten with half an ounce of *English Honey*, and a little *Saffron*, and set the *Onion* against the Fire, and roast it well that it do not burn, and when it is roasted, strain it through a cloth, and give the Juice thereof to the sick three days together, and it will help them.

13. *For the Black-Jaundice.*

Take *Fennel*, *Sage*, *Parsley*, *Gromwel*, of each much alike, and make Pottage thereof, with a piece of goo-

14. *For Infection of the Plague.*

Take a ſpoonful of *Running water*, a ſpoonful of *Vinegar*, a good quantity of *Treacle* to the bigneſs of a *Haſel-nut*, temper all theſe together, and heat it lukewarm, and drink it every four and twenty hours.

15. *For the Cramp.*

Take Oyl of *Camomile*, and *Fenugreek*, and anoint the place, where the *Cramp* is, and it helpeth.

16. *For the Ach of the Joynts.*

Take *Marſhmallows* and *ſweet Milk*, *Linſeed*, Powder of *Cummin*, and the *Whites of Eggs*, *Saffron*, and *White Greaſe*, and fry all theſe together, and lay it to the aching Joynt.

17. *For an Ague.*

Take a pottle of thin Ale, and put thereto a handful of Parſley, as much *Red Fennel*, as much *Centory*, as much *Pimpernel*, and let the Ale be half conſumed away, and then take and drink thereof.

18. *To make the Counteſs of* Kent's *Powder.*

Take of the *Magiſtery* of *Pearls*, *Crabs Eyes*, prepared, *Hartshorn*, *Magiſtery* of *White Coral*, of *Lapis contra Tarrum*, of each a like quantity, to theſe Powders infuſed, cut off the black tops of the great Claws of the Crabs, the half weight of the reſt: Beat theſe all into a fine Powder, and ſearce them through a fine Lawn Searce. To every ounce of this Powder add a dram of *Oriental Bezoar*, make all theſe up in a lump or maſs with Jelly of *Hartſhorn*, and colour it with *Saffron*, putting thereto a ſcruple of *Amber-Greaſe*, and a little *Muſk* finely powdred, and dry it in the Air, after they are made up into ſmall quantities, you may give to a Man twenty Graints, and to a Child twelve Grains. It is excellent againſt all malignant and peſtilent Diſeaſes, *French Pox*, *Small Pox*, *Meaſles*, *Plague*, *Peſtilence*, *Malignant*, or *Scarlet Fevers*, and *Melancholly*, twenty or thirty Grains thereof being exhibited (in a little warm *Sack*, or *Hartſhorn Jelly*) to a Man, and half as much, or twelve Grains to a Child,

19. *For the Falling Sickneſs, or Convulſions.*

Take dung of a *Peacock*, make it into Powder, and give ſo much of it to the Patient as will lye upon a Shilling; in a little Succory-water faſting.

20. *For the Pleuriſie.*

Take the round Balls of Horſe-dung, and boyl them in a pint of White-wine till half be conſumed, then ſtrain it out, and ſweeten it with a little Sugar, let the Patient drink of this, and then lye warm.

21. *To prevent Miſcarrying.*

Take *Venice Turpentine*, ſpread it on black brown Paper, the bredth and length of an hand, and lay it to the ſmall of her back, and let her drink a Caudle made of *Muſcadine*, putting into it the Huſks of about 20 ſweet Almonds dryed, and finely pondered.

22. *For the Worms in Children.*

Take *Worm-ſeed* boyled in Beer and Ale, and ſweetned *Clarified Honey*, and then let them drink it.

23. *For the Whites.*

Take white waſhed *Turpentine*, and make it up in Balls like Pills, then take *Cinamon* and *Ginger*, and roul the Balls in it, and take them as you would do Pills, Morning and Evening.

24. *For a dry Cough.*

Take *Anniſeed*, *Aſh-ſeeds*, and *Violets*, and beat them to Powder, and ſtamp them, of each a like quantity, then boyl them together in fair water, till it grows thick, then put it up, and let the Patient take of it Morning and Evening.

25. *To make Unguentum Album.*

Take a pint of *Oyl-Olive*, and half a pound of *Diachylum*, *Anniſeeds* a pretty quantity, and put them together, and put thereto a pound of *Ceruſe*, ſmall grounded, boyl them together a little, and ſtir them always till it be cold, and it is done.

26. *To deſtroy the Piles.*

Take *Oyl of Roſes*, *Frankincenſe* and *Honey*, and make an *Ointment* of them, and put it into the Fundament, and put *Myrrh* unto the ſame, and uſe often to anoint

the Fundament therewith, and let the Fume thereof go into the Fundament.

27. *For the Canker.*

Take a handful of unset *Leeks*, with the roots, and a small quantity of *Yarrow*, and boyl them in White-wine, till they be very soft, then strain and clarifie them, and let the Patient drink thereof, Morning and Evening blood warm.

28. *For the Itch.*

Take the Juice of *Penny-royal*, the Juice of *Savin*, the Juice of *Scabius*, the Juice of *Sage*, the Juice of *Dolitory*, with some *Barrows grease*, and *Black Soap*, temper all these together, and make a Salve for the Itch.

29. *For the King's Evil.*

Take 2 ounces of the water of *Broom Flowers* distilled, and give it in the Morning to the Patient fasting, and it will purge the Evil Humour downwards, and wasteth, and healeth the Kernels without breaking them outwardly.

30. *To break an Impostume.*

Take a *Lily Root* and an *Onion* and boyl them in *Water*, till they be soft, then stamp them, and fry them with *Swines grease*, and lay it to the Impostume as hot as the Patient may suffer it.

31 *For biting of a Mad Dog.*

Stamp large *Plantain*, and lay it to the grieved place, and it will cure the Sore.

32. *The Green Sickness.*

Take the Keys of an *Ashen-tree*, dryed and beaten to powder, and take of *Red Fennel*, of *Red Sage*, *Marjoram*, and *Betony*, and seeth them in *Running water*, from a pottle to a quart, then strain them, and drink thereof a good draught with Sugar, Morning and Evening luke-warm.

33. *For Deafness.*

Take *Wild-Mint*, mortify it, and squeeze it in the Hand till it reaketh juice, then take it, with its juice, and put it into the Ear, change it often, this will help the Deafness, if the Person hath heard before.

34. *For*

34. *For the Dropsie.*

Take a Gallon of White-wine, and put into it a handful of *Roman Wormwood*, and a good piece of *Horse-radish*, and a good quantity of *Broom Ashes* tyed in a Cloth, then take a good Bunch of *Dwarf Elder*, beat it in a Morter, and strain out the Juice, and put into the Wine when you will drink it, but if the Elder be dry, you must steep a good quantity in the Wine. Take of this half a pint Morning and Evening.

35. *For a Sprain in the Back, or any other Weakness.*

Take a quarter of a pint of good *Mustadine*, a spoonful of *Madder*, incorporate them well together, then give it to the Patient to drink for three Mornings together, and if need requireth, you may use it often in a day, this will strengthen the back exceedingly.

36. *An Excellent Remedy for sore Eyes.*

Take a Gallon of pure Running *Water*, and eight drams of White *Copperas*, and as much of fine White *Salt*, mix them together, and let it simper half an hour over a slow Fire, and then strain it for use.

37. *Catholicon; a most excellent Cordial.*

Take half a peck of *Ripe Elder Berries*, pick them clean and let them stand two or three days in an Earthen pan, till they begin to hoar or mould, then bruise and strain them, and boyl the Liquor till half be consumed, then putting a pound of Sugar to every pint of Liquor, boyl them to Syrup.

38. *A Medicine for an Ague.*

Take a quart of the best Ale, and boyl it to a pint, and let the Party take it, and then let the Patient lye down upon a Bed, and be covered warm, when the first fit gripes, and let a Bason be ready to vomit in.

39. *Another for an Ague.*

Take a large Nutmeg and slice it, and so much Roch-Alom, beaten to powder, and put them both into one pint of White-wine and incorporate them well together, and let the Patient take one half thereof about half an hour before the Fit, and then walk a-pace, or use some other Laborious Exercise, and when the fit

begins to come, take the other half, and continue Exercise. Both these I have known to cure to Admiration.

40. *For a great Lax or Looseness.*

Take one quart of New Milk, and have ready one half pint of distilled Plantain water, and set your Milk over the Fire, and when your Milk by boyling rise up, take two or three spoonfuls, as occasion shall be, to allay the rising, and when it rises again, do the like, and so in the like manner till the Plantain water be all in, and then boyling up as before, let the Patient drink thereof warmed hot, or how else he likes it; I never yet have found it fail of Curing.

41. *For Curing of Deafness.*

Take Herb of *Grace*, and pound it, then strain it, and take two spoonfuls of the Juice, and put thereto one spoonful of *Brandy-wine*, and when it is well evaporated, dip therein a little Black wool or fine Lint, being first bound with a silk thread, and put it into your Ear.

42. *For the Scurvy.*

Take half a peck of *Sea-scurvy-grass*, and as much *Water-cresses*, of *Dwarf-Elder*, *Roman Wormwood*, *Red sage*, *Fumitory*, *Harts-Horn*, and *Liver-wort*, of each one handful, wash the *Water-cresses*, and dry them well, the other Herbs must be rubb'd clean, and not washed, then add one Ounce of *Horse-Raddish*, and a good handful of *Madder Roots*, beat these with the Herbs, and strain the juice well out, for the last is best, then set it on a quick fire, and scum it clean; then let it stand till it is setled, and when it is quite cold, bottle it up, and keep it in a cold place, you must take four or five spoonfuls with one spoonful of Syrup of Lemons put into it, each Morning fasting, and fast one hour after it.

43. *To Procure Conception.*

Take of Syrup of *Mother-wort*, Syrup of *Mugwort* half an Ounce, of spirit of *Clary* 2 drams, of the Root of English *snake-weed* in fine powder one dram, *Purslain-seed*, *Nettle-seed*, *Rocket-seed*, all in subtle powder of each

two

two drams: *Candied Nutmegs*, *Eringo-roots*, *Satyrion-roots*, preserved *Dates*, *Pistachoes*, Conserve of *Succory*, of each 3 drams, *Cinamon*, *Saffron* in fine powder, of each a scruple, Conserve of *Vervain*, *Pine-apple Kernels*, picked and peeled, of each 2 drams, stamp and work all these Ingredients in a Morter, to an electuary, then put it into *Gally-pots*, and keep it for use: Take of this Electuary the quantity of a good Nutmeg in a little Glass full of *White-wine*, in the Morning fasting, and at four a Clock Afternoon, and as much at night going to Bed, but be sure do not use violent exercises.

44. *For a sore Breast not broken.*

Take *Oyl of Roses*, *Bean flower*, the Yolk of an Egg, a little Vinegar, temper all these together, then set it before the Fire that it may be a little warm, then with a Feather strike it upon the Breast morning and evening, or any time of the day she finds it pricking.

45. *To heal a sore breast when broken.*

Boyl Lillies in new Milk, and lay it on to break it, and when it is broken, Tent it with a Mallow-stalk, and lay on it a plaister of Mallows boyled in sheeps Tallow: These are to be used if you cannot keep it from breaking.

46. *For a Consumption.*

Take a pound and half of Pork, Fat and Lean, and boyl it in water, and put in some *Oatmeal*, and boyl it till the heart of the *Meal* be out, then put to it two quarts of Milk, and boyl it a quarter of an hour, and give the Patient a draught in the Morning, Afternoon, and Evening, and now and then some Barley-water.

47. *For the Falling sickness.*

Take powder of *Hartshorn*, and drink it with Wine, and it helpeth the Falling Evil.

48. *For the Tooth-Ach.*

Take *Featherfew* and stamp it, and strain it, and drop a drop or two into the contrary Ear to the pain, and lye still half an hour after.

49. *For a Wen.*

Take *Black-soap* and mix with *unslaked Lime*, made

50. *For the Wind.*

Take the Juice of *Red Fennel*, and make a Posset of Ale therewith, and drink thereof.

51. *For the Dropsie.*

Take two Gallons of New Ale, then take *Setwal*, *Calamus*, *Aromaticus*, *Galingale*, of each two Penny worth, of *Spikenard* four Penny-worth, stamp all together, and put them into a bag, and hang it in the Vessel, and when it is four days old drink it Morning and Evening.

52. *For a scald Head.*

Wash thy Head with Vinegar and *Camomile* stampt and mingled together; there is no better help for the Scald, or grind white *Hellebore* with Swines *Grease* and apply it to the Head.

53. *To make Plague Water.*

Take a handful of Sage, and a handful of Rue, and boyl them in three pints of *Malmsey* or *Muscadine*, till one pint be wasted, then take it off the Fire, and strain the Wine from the Herbs, then put into the Wine two penny-worth of long Pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmegs, all grossly bruised, and let it boyl a little again. Then take it off the Fire and dissolve it in half an ounce of good venice-Treacle, and a quarter of an ounce of Methridate, and put to it a quarter of a pint of strong Angelica water, so keep it in a Glass close stopped, for your use. This Water cureth *Small-Pox*, *Measles*, *Surfeits*, and *Pestilential Feavers*.

54. *A precious Eye Water.*

Take of the best White-wine half a pint, of white-rose-water as much, of the Water of *Celendine*, *Fennel*, *Eye bright*, and *Rue*, of each two ounces, of prepared *Tutia* six ounces, of *Cloves* as much, *sugar Rosate* a dram, of *Camphire* and *Aloes*, each half a dram, wash the Eyes therewith.

55. *A Cordial Julep.*

Take water of *Endive*, *Purslain*, and *Roses*, of each 2 ounces, *Sorrel-water* half a pint, Juice of *Pomegranats*,

and for lack thereof, Vinegar 4 ounces, *Camphire* 3 drams, *sugar* 1 pound, boyl all these together in the form of a *Julep*, and give 3 or 4 ounces thereof at a time.

56. *To make Green Ointment.*

Take a pound of *Swines Grease*, 1 ounce of *Verdigrease*, half a scruple of *Sal Gemma*, this ointment may be kept 40 years, it is good against *Cancers* and *Running sores*, it fretteth away dead flesh, and bringeth new, and healeth old Wounds, put it within the Wound that it fester not.

57. *For Fits of the Mother.*

Take a brown *Toast* of four *Bread*, of the nether *toast*, and wash it with *Vinegar*, and put thereto *Black-soap*, like as you would butter a *Toast*, and lay it under the Navil.

58. *For Rickets in Children.*

Take of *Fennel-seeds* and *Dill-seeds*, but most of the last, boyl them in Beer, and strain it, and sweeten it with *Sugar*, and let the Child drink often. *Probatum.*

59. *For the Shingles.*

Take the Green leaves of *Colts-foot*, stamped and mingled with Honey, apply it, and it will help.

60. *To heal a Fistula or Ulcer.*

Take *Figs* and stamp them, with *Shoo-makers Wax*, and spread it upon Leather, and lay it on the Sore, and it will heal.

61. *For a Woman in Travail.*

Take 7 or 8 leaves of *Betony*, a pretty quantity of *Germander*, a branch or two of *Penny-royal*, 3 *Marygolds*, a branch or two of *Hyssop*, boyl them all in a pint of *White wine*, or *Ale*, then put into it Sugar and Saffron, and boyl it a quarter of an hour more, and give it to drink warm.

62. *To make a Woman be soon delivered, the Child being dead or alive.*

Take a good quantity of the best *Amber*, and beat it exceeding small to powder, then searce it through a fine piece of *Lawn*, and so drink it in some *Broth* or *Caudle*, and it will by God's help cause the Patient to be presently delivered.

63. *For*

63. For Infants troubled with wind and Phlegm.

Give them a little pure *sugar-candy*, finely bruised in *saxifrage* water, or *scabious* water, in a spoon well mingled together.

64. A most excellent Medicine to breed their Teeth easily.

Take of pure *Capons Grease* very well clarify'd the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and anoint the Childs Gums therewith three or four times a day when its Teething, and they will easily break the Flesh, and prevent Torments and Agues, and other Griefs which usually accompany their coming forth.

65. For Agues in Children.

Take a spoonful of good Oyl of *Populeon*, and put thereto 2 spoonfuls of good Oyl of Roses, mingle them well together, and then warm them before the Fire, anoint the Childs Joynts and Back, also his Forehead and Temples twice a day, Chafing the Oyntment well in.

66. To cause a young Child to go to stool.

Chafe the Childs Navel with *May* Butter before the Fire, then take some Black Wool and dip it in the Butter and lay it to the Navel, and it will procure a stool; this is also good for one in years, that can take no other Medicine.

67. For Worms in Children.

Take of *Myrrh* and *Aloes* very finely powdered, of each a Penny-worth, and put thereto a few drops of Chymical Oyl of *Wormwood* or *Savine*, and a little *Turpentine*; make these up into a *Plaister*, and lay it to the *Childs Navel*.

68. To help one that is blasted.

Take the White of an *Egg*, and beat it in a *Mortar*, put to it a quarter of an ounce of *Coperas*, and grind them well together till it come to an Oyntment, and therewith anoint the sore Face, and it will ease the pain, and take away the swelling; and when it is well nigh whole, anoint the place with a little *Populeon*, and that will make the skin fair and well again.

69. An-

69. An Excellent ſalve.

Take a pound of *Bees Wax*, a pint of *ſallet-oyl*, three ounces of *Red-Lead*, boyl all together in a new earthen Pipkin, keeping it ſtirring all the while till it grows of a darkiſh Colour, then keep it for uſe, or make *ſear-cloaths* of it while it is hot.

It is moſt approved againſt any *Pain*, *ſore*, *ſcald*, *Cut*, *Burn*; to ſtrengthen the Back, or remove any old Ach whatſoever.

70. A Julep of Doctor Trench for the Fits of the Mother.

In the time of the year diſtill *Black Cherry-Water*, *Piony flower-water*, *Cowſlip-water*, *Rue*, of *Herb-grace-water*; then take of the Waters of *Cowſlip*, *Black Cherries*, *Piony*, *Rue*, of each an ounce, and add to them water of *Caſtor*, half an ounce, of *Cinamon-water* one dram, Syrup of *Clove-gilly flowers* three drams, mix all theſe together, and take two ſpoonfuls at a time of it, as often as you pleaſe.

71. For a Tympany.

Take a handful of the bloſſoms of *Marygolds*, ſtamp them, and ſtrain them, and give the juice thereof to the Patient in a draught of Ale faſting.

72. To provoke Terms, a good Medicine.

Take Wormwood and Rue, of each one handful, with five or ſix Pepper-corns, boyl them all together in a quart of White-wine, or Malmſey, ſtrain it, and drink thereof.

73. For the Bloody Flux.

Take a great Apple and cut out the Core, and put therein pure Virgins Wax, then wet a Paper and lap it therein, then rake it up in the Embers, and let it roaſt till it be ſoft, then eat of it as your ſtomach will give leave.

74. For a Rheumatick Cough or Cold.

Take a pint of *Hyſſop-water*, Syrup of *Gilliflowers*, Syrup of *Vinegar*, Syrup of *Maiden-hair*, Syrup of *Coltsfoot* of each an Ounce, mingle all together, and drink it when you pleaſe.

75. *To*

75. *To kill a Fellon.*

Take an Egg and roast it hard, and take out the Yolk thereof, then roast an Onion soft, and beat the Yolk and the Onion together, and lay it the sore, and it will kill the Fellon.

76. *For the white Flux.*

Take the powder of the flower of Pomegranates, and drink it in Red Wine.

77. *For the Red Flux.*

Take *Sperma Ceti*, and drink it, and truss up yourself, with a piece of black Cotten.

78. *For the Cancer in a Womans breast.*

Take the Dung of a Goose, and the Juice of *Celendine* and bray them well in a Morter together, and lay it to the sore, and this will stay the Cancer, and heal it.

79. *For an Ague in the Breast.*

Take Grounsel, Dasie-leaves and Roots, and course Wheat sifted, make a Poultess thereof with the parties own Water, and lay it warm to the Breast.

80. *For bleeding at the Nose.*

Take Bettony, and stamp it with as much Salt as you can hold betwixt your two Fingers, and put it into your Nose.

81. *For spitting of Blood.*

Take *Smallage*, *Rue*, *Mints*, and *Bettony*, and boyl them well in good Milk, and drink it warm.

82. *To stanch the bleeding of a Wound, or at the Nose.*

There is no better thing than the powder of Bole-Armóniack to stanch the bleeding of a Wound, the powder being laid upon it, or for the Nose, to be blown in with a Quill. Or take the shavings of Parchment, and lay it to the wound, and it stancheth and healeth.

83. *To make the Gascoign Powder.*

Take of Pearls, white Amber, Harts-Horn, Eyes of Crabs, and White Coral, of each half an ounce, of black thighs of Crabs calcined, two ounces; to every ounces of this powder put in a dram of Oriental *Bezoar*, reduce them all into a very fine powder, and searce them

them then with *Harts-horn* Jelly, and a little *Saffron* therein, make it up into paſte, and make therewith Lozenges, or Trochiſes, for your uſe. Get your Crabs for this powder about *May* or *September*, before they be boyled, dry your Lozenges in the Air, not by Fire nor Sun.

84. *For the Megrim or Impoſthume in the Head.*

Take four penny weight of the Root of *Pellitory* of *Spain*, a farthing weight of *ſpikenard*, and boyl them in good *Vinegar*, and when it is cold, put thereto a ſpoonful of Honey, and a Sancer-ful of Muſtard, and mingle them well together, and hold thereof in your mouth, a ſpoonful at once, and uſe this eight or nine times, ſpitting it out continually.

85. *For Pain in the Ears.*

Take the juice of Wild Cucumbers, and put it into the Ears, and it aſſuageth the Pain. Alſo put the Wood of Green Aſh in the Fire, and ſave the Liquor that cometh out at the end, and put it into the Ears, it cauſeth the pain to ceaſe, and amendeth the Hearing; Alſo beat the juice of Wormwood, and drop it into the Ears.

86. *A precious Water for the Eye-ſight, made by King Edward the Sixth.*

Take *Smallage, red Fennel, Rue, Vervain, Betony, Agrimony, Pimpernel, Eufrane, Sage, Celendine*, of each a little quantity, firſt waſh them clean, then ſtamp them, and put them in a *brazen* pan, with the powder of 14 or 15 Pepper corns, fair ſearced into a pint of good White-wine, put them into the Herbs with 3 ſpoonfuls of Honey, and 5 ſpoonfuls of the Water of a Man-child that is found; mingle all together and boyl them over the Fire, and when it is boyled, ſtrain it through a Cloth; and put it into a Glaſs, and ſtop it well and cloſe, till you uſe it, and when you need it, put a little thereof into the ſore Eyes with a Feather, but if it be dry, temper it with White-wine, and it profiteth much all manner of ſore Eyes; This water was uſed by King *Edward* the Sixth.

87. *My Lord* Dennies *Medicine for the Gout.*

Take *Burdock leaves* and *ſtalks*, cut them ſmall and ſtamp them very ſmall, then ſtrain them, and cleanſe them, and when you have ſo done put them into Glaſſes, and put pure Oyl of Olives on the the top of them, and ſtop it ſtop it from the Air, and when you would uſe it for the Gout, pour in into a Porringer, and warm it, and wet Linnen Cloths in it, and apply it warm to the grieved place, warming your Cloths one after another as they grow cold that are on.

88. *Dr.* Steven's *Sovereign Water.*

Take a Gallon of good *Gaſcoin Wine*, then take *Ginger*, *Galingale*, *Cancel*, *Nutmegs*, *Grains*, *Cloves*, *Anni-ſeed*, *Carraway-ſeeds*, of each a dram; then take *Sage*, *Mint*, *Red Roſes*, *Thyme*, *Pellitory*, *Roſemary*, *Wild Thyme*, *Camomile*, *Lavendar*, of each a handful, then bray both Spices and Herbs, and put them all into the *Wine*, and let them ſtand for twelves hours, divers times ſtirring them, then diſtil in an *Alembick*, but keep that which you diſtil firſt by it ſelf, for that is the beſt, but the other is good alſo, but not ſo good as the firſt. This Water comforteth the Vital Spirits, and helpeth inward diſeaſes, which come from Cold; it helps Conception in Women that are Barren, and killeth Worms in the Body, it cureth the old Cough, and helpeth the Tooth-ach, it comforteth the Stomach, and cureth a ſtinking breath, it preſerveth the Body in good liking, and makes them look young.

89. *The Water called Aqua Mirabilis and Pretioſa, made by Doctor Willoughby.*

Take of *Galingales*, *Cloves*, *Mace*, *Cucubes*, *Ginger*, *Cardamum*, *Nutmegs*, *Mellilot*, *ſaffron*, four ounces, and beat all theſe into powder, Agrimony water the quantity of a dram; and ſomewhat more; then take of the juice *Celandine* half a pint, and mingle all theſe together with a pint of good *Aqua-Vitæ*, and 3 pints of White-wine, put all theſe together in a Still of Glaſs, and let it ſtand all Night, then diſtill it with an eaſie Fire. This Water diſſolveth the ſwelling of the

Lungs without any Grievance, and helpeth and comforteth them being Wounded, and sustereth not the Blood to putrifie; he shall never need to be let Blood that useth this Water, it suffers not the Heart to burn, nor Melancholly nor Rheum to have dominion above Nature; it also expelleth Rheum, and purifieth the Stomach.

90. *To make Allom-Water.*

Take a pound of Allom, and beat it to powder, then take a Gallon of clean Water, and set it on the fire, letting it boyl till all the Allom be melted, then take it off the Fire, and when it is cold, put it into a Glass, and keep it for use.

91. *To make an Excellent Electuary, called the Electuary of Life.*

Take *Scorlegio*, *Morre*, *Gentiana*, *Grandoret*, and *Jalaim*, of each a little quantity, stamp them and mingle them with Honey, that hath been well boyled on the Fire, and scummed clean. This is excellent for Sickness in the Stomach, or pain in the Belly, Heart, or Head, or for those that are bitten with any Venomous Beast, or poysoned; it must be taken in water 3 or 4 spoonfuls at a time, in the Morning fasting; if the Disease be of any long standing, he must drink it fifteen days, together, and he will be whole.

92. *Against Heat of the Liver.*

Take *Fennel*, *Endive*, *Succory*, *Plantain*, of each alike, distil them with Red Wine and Milk, and use it every Morning, nine spoonfuls at a time, with a draught of Wine and Sugar, or else five spoonfuls thereof alone.

93. *For swooning fits.*

For swooning, and weakness of the Heart, in Fever and Sickness, or if it come from other Cause, stamp Mints with Vinegar, and a little Wine, if the Patient have no Fever, then toast of bit of Bread, till it almost burnt, and put it therein till it be well soaked, then put it in the Nose of the Patient, and rub his Lips, Tongue, Gums, Teeth, and Temples, and let him chew and suck the moistness thereof, and swallow it.

94. *A Water for the Eyes, to make a Man see in forty days who hath been blind seven Years before, if he be under fifty Years of Age.*

Take *Smalledge, Fennel, Rue, Betony, Vervain, Agrimony, Cinquefoyl, Pimpernel, Eye-bright, Celandine, Sage,* of each a quartern, wash them clean, and stamp them, do them in a fair Marshing-pan, put thereto a quart of good White-wine and the powder of thirty Pepper-corns, 6 spoonfuls of live Honey, and 10 spoonfuls of the Urin of a Man Child that is wholesome, mingle them well together, and boyl them till half be wasted, then take it down and strain it, and afterwards Clarifie it and put it into a Glass Vessel well stopt, and put there of with a feather into the Eyes of the Blind, and let the Patient use this Medicine at night when he goeth to Bed, and within forty days he shall see. It is good for all manner of sore Eyes. Wild-Tansie-water is good for the Eye-sight, and eating of Fennel-seed is good for the same.

95. *For a Web in the Eye.*

The Leaves of *White-honey-suckles* and *Ground-Ivy*, of each a like quantity ground together, and put every day into the Eye, cureth the Web. Or else Salt burnt in a Flaxen-cloath, and tempered with Honey, and with a Feather anointed on the Eye-lids, killeth worms that annoy the Eye-lids.

96. *For the moist Scabs after the small-Pox.*

Take *Lapis Calaminaris*, Letharge of Gold and Silver, of each two drams, *Brimstone* and *Ceruse* two ounces, bring all these into a fine Powder, and then beat them in a Morter with so much *Barrows-grease* as is sufficient to make it up in an Oyntment, and anoint the places therewith Evening and Morning.

97. *To bring down the flowers.*

Take of *Alligant, Muscadine,* or *Claret* a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfuls of Sallet-Oyl; then take a good Bead of Amber in powder in a spoon, with some of the Wine after it, take this Evening and Morning.

98. *To stay the flowers.*

Take Amber, Coral, Pearls, Jeat, or each alike, grind them to a fine powder, and serse them, take as much as will upon a six pence with Conserve of Quinces, and drink a draught of New Milk after it: Use this every Morning.

99. *To Cure corns.*

Take Beans and chew them in your Mouth, and tye it fast to your Corn, and it will help: Do this at Night.

100. *To make Oyl of Roses.*

Take red *Rose-leaves* a good quantity, and stamp 'em in a Mortar, and put thereto Oyl-Olive, and let it stand in the Sun 12 days, and then put it in a Glass, and bind the Glass fast about with Ropes of Hay, and set it in a Pan full of Water, and let it boyl softly two hours, and then let it cool, then put it in small Glasses, and put thereto the leaves of Red Roses all whole, and stop it fast, and set it in the Sun for sixteen days, and so use it at your need.

101. *For any Itch, or Breaking out.*

Take Frankincense, and beat it small in a Mortar, and mingle it with Oyl of Bays, and therewith anoint all over, and it will destroy the Itch.

102. *For the Piles after Child-birth.*

Make a Bath of Worm-wood, Southern-wood, Cinamon Rhind, and the bark of Cassia Fistula boyled well in Wine; when the woman delivered goeth forth of the Bath, put Bombace, or Cotten with powder of Alloes, mixed with Oyl of Peny-royal, unto her lower parts.

103. *For a stitch in the side.*

Take three handfuls of Mallows, boyl them in a little raw Milk, and put thereto a handful of Wheat-bran, and let them boyl together, and then wring out the Milk, and lay it hot to the Stitch, apply it often: Or take a few leaves of *Roe* and *Yarrow*, stamp them together, and wring out the Juice and drink it with a little Ale.

104. *For a Tertian, or double Tertian Ague.*

Take a good quantity of *Celandine*, a ſpoonful of *ſa*
and the bigneſs of an *Egg* in Leven, and as much *A*
gant and *Spaniſh ſoap*, ſtamp them well in a Mort
and make a Plaiſter of them, and apply them to t
Patients Feet one hour before the coming of the F
add thereto 4 or 5 yolks of *Eggs*: Or take of *A*
ſeed-water the beſt as you can get, half a pound of O
of *Vitriol*, ſhake them well together, and drink one
two ſpoonfuls thereof an hour before the Fit come

105. *For the ſpleen.*

Boyl the Rhinds and Keys of an *Aſh tree* very ten
in *White-wine*, and drink a good draught thereof for 6
7 Mornings together, and it will much eaſe the Pa
ent; when you drink this, anoint the *ſpleen* with t
guentum Dialthea, every Morning and Evening, app
ing alſo a Plaiſter of *Mellilot* to the place.

106. *An Excellent Powder for the Green-ſickneſs.*

Take 4 ſcruples of *Gentian* made into fine Pow der
raſp *Ivory* and *Harts-horn*, of each 2 ſcruples; make th
into fine Powder, give a ſpoonful hereof, with *Whi*
wine, or the like, at once.

107. *A drink that healeth all Wounds without any Plaiſters or Oyntment, or without any Taint, moſt perfectly.*

Take *Sanicle*, *Milfoil*, and *Bugle*, of each a like qu
tity, ſtamp them in a Mortar, and temper them wi
Wine, and give the Perſon wounded to drink twice
thrice a day, till he be whole; *Bugle* holdeth open t
Wound, *Milfoil* cleanſeth the Wound, and *ſanicle* he
eth it; but *ſanicle* may not be given to him that is h
in the Head, or in the Brain pan, for it is angen
This is a good and tryed Medicine.

108. *For Pricking of a Thorn.*

Take of *Violet-leaves* one handful, ſtamp them to
ther, and take a quantity of *Boars greaſe*, and of *Whi*
bran one handful, ſet it on the Fire in clean *Water*, a
make a Plaiſter thereof, and lay it to the Griefe.

109. *To make Oyl of St.* John's *Wort, good for any Ach or Pain.*

Take a quart Sallet-Oyl, and put thereto a quart of Flowers of St. *John's* Wort well picked, let them lye therein all the Summer, till the Seeds of the Herb be Ripe, the Glass must be kept warm, either in the Sun or the Water, all the Summer, till the Seeds be Ripe, then put in a quarter of St. *John's* Wort Seeds whole, and so let it stand 12 hours, the Glass being kept open, then you must boyl the Oyl 8 hours, the Water in the Pot full as high as the Oyl in the Glass, when it is cold strain it, that the Seed remain not in it, and so keep it for your use.

110. *For the Ptisick.*

Take 2 ounces of Liquorish scraped and bruised, of Figs 3 ounces, of Agrimony, Horehound, Enula Campana, of each a handful, boyl them all together in a Gallon of Water, till half be wasted, then strain the Herbs from the Juice, and use it early and late. Also for the dry Ptisick, stamp Fennel-roots, and drink the Juice thereof with White-wine.

111. *To make Oyl of Fennel.*

Put a quantity of *Fennel* between 2 Tile-stones, or Plates of Iron, make them very hot, and press out the Liquor; and this Oyl will keep a great while, for it is good for the *Ptisick*, dry Scab, Burning and Scalding.

112. *To make the black Plaister for all manner of Griefs.*

Take a quantity of *Oyl-Olive*, a quantity of *Red Lead*, boyl these together, and stir them with a slice of *Wood* continually, till it be black and somewhat thick; then take it off the Fire, and put into it a penny-worth of *Red-Wax*, and a pound of *Rosin*, and set it to the Fire again, but do not blaze it, and stir it, then take it off, and let it stand till it be cold, and make it into a Lump. It is good for a new Wound, or to staunch Blood, pour a little of it in a Dish, and if it stick fast to the Dish's side, then it is enough, keep it for your use as need Requireth.

Directions for Nurſes.

LET there be given unto the Infant new born, Honey to lick, after let it be nouriſhed with the Mother's Milk, which of all things beſt agreeth with it: But if by reaſon of ſome neceſſity it cannot enjoy it, a ſound healthy Nurſe is to be choſen, neither younger than 24 Years, nor elder than five and thirty, of a white and ruddy Complection, which is not infected with other Vices, nor yet hath too lately been brought to Bed, nor hath not long given Suck; let her not have ſore Dugs or Breaſts, nor too big, but a large Breaſt, and moderately Fat. Let her uſe choice Meats of eaſie and light Concoction, engendring good blood or juice; let her abſtain from hot aromatical Spices, as Pepper, Ginger, Cardamum, and ſuch like; alſo from Leeks, Onions, Garlick, Salt, ſalters and tart things. Let her avoid ſtrong Wines, as alſo cold Water: Let her eſchew immoderate eating and drinking, for that corrupteth the Milk, and begetteth in Children leproſy or ſcurf, and other contagious Diſeaſes: Let her abſtain from Cares and Vexations, and let her take heed, leſt ſhe provoke her menſtruous Diſeaſe.

She muſt not Sleep much, or be given to Sleep, for that maketh the Milk Flegmatick; ſhe ought not to watch more than is meet, for from hence the Milk cometh to be more hot, ſharp, and diſtaſtful to the Infant; ſhe ought moderately to exerciſe her ſelf, eſpecially her Arms, to wit, either in ſowing, ſpinning, or knitting, for by this means evil humours are conſumed, as by eaſe and ſloth they are augmented.

Alſo Copulation of the Nurſe exceedingly offendeth and hurteth the Child, as that which chiefly retracteth and deminiſheth the Milk, and maketh it of an unſavory Taſte, taſting hot and rank, or Goatiſh, which bringeth no ſmall inconvenience, and hurt to the Child.

But if the Milk decreaſe, Pulteſes of Bean-meal, Rice, are meet to be uſed, alſo like Paps made of *Bread*, with Milk and Sugar, to which may be added a little

And if the Milk be thick, it must be made thin with slender Diet, and subtil *Wine*, and Syrup of *Vinegar*, as also with exercises: But if it be too thin and watereish, gross and strong Meats, and longer Sleeps, will be convenient. For the Corruption of the Milk, a little *Mugwort* grosly bruised, and put into a linnen Cloth, and so into Broth, with a little *Honey* added thereto, will do very much good.

The care of the Infant.

And if the Child's Belly be loose, the Food ought to be the more gross and strong, and her Sleep longer; but Children may suck so long as till they have brought forth sharp and great Teeth; but if you suffer them to drink *Wine* or strong drink, or other Potions, before they have toothed them, they will be corrupted; but when they have gotten the Teeth, their Arms and backbones are gently to be rubbed after their Sleep.

And 'tis not of little concernment in what Swadling-cloaths Children are wrapped; for when they are not tied up at all, or the Clouts are too loose, they are subject to Fluxes, Imposthumes, apt to be crooked backt, and other discommodities; but especially when their Knees are too strictly tied and bound up, and their Thighs left at liberty, they are lamed.

When they cry, or feel pain, or will sleep, they are to be pacified, either by shewing the Breast, or Singing, or by Rocking, either in Cradles or Hanging-beds, carrying up and down: But we must observe, that Children may lye strait whensoever they lye down, and ought not to be covered too much, or hot with coverings, nor yet with too few, lest they may catch cold: Moreover, let the Linnen-cloth wherein they are wrapped, be neat and clean, for Children are offended and infected by foul and filthy Excrements.

From three Years of Age till the seventh, they are to be Educated gently and kindly, not to be severely reprehended, chidden or beaten, for by that means they are made throughout their whole Life after, too timorous, or too much terrified, astonished, and sotted.

Being yet in their first Years, they are not to be compelled to going, for seeing all their bones are soft as *Wax*, and their body fall the heavier, they either become lame, or universally resolved in their Feet.

Food must be daily given them thrice a day, till they are 3 Years old; for if they be much filled, they are subject and accustomed to be troubled with Convulsions, and other Diseases.

In the sixth or seventh Year of their Age, they are to be sent to School, and committed to the breeding and instruction of courteous and temperate School-masters, who may not terrifie them.

Before these Years, they are not to be compelled or forced to hard Labours, otherwise they will not thrive well, but stand at a stay and keep little, or else become Dwarfs.

When as the Infant beginneth to grow sick, as for example, from a cold Disease, the Nurse is to be nourished with hot and dry Meat and Drink, so that thereby forthwith it may grow well again; so also if it be taken with other Diseases, as with an *Ague*, the Nurse shall use *Plantain-water*, and such like things. Paps made for Children of Crums, or Morsels of Bread broken or sliced, are more wholesome than made of Meal or Flower.

Till 2 Years old give them *Honey* often, for that keepeth them from Convulsions, and Costiveness of the Belly, and that the Milk they eat hurt them not.

When Infants cast up their Milk, a Corral should be hung about their Neck, down to their middle; for it is useful for them in teething; and Ivory also is good for the same purpose.

What is to be Administred unto the Child after it is Born, for the first thing it taketh.

A*Rnoldus de villa Nova*, a most Learned Physitian, writeth, That if you give unto a Child half a scruple

ſcruple of *Coral*, finely powdered with Woman's Milk firſt, before it taketh any other thing, after it is Born, that it ſhall never be troubled with the Falling-ſickneſs.

Alſo, I know Perſons of good Quality in *England*, who give unto all their own Children (and adviſe all other Women, where they are deſired to be aſſiſtant at the Birth, to exhibit unto the Children New-born, the firſt thing they take) a little *Salt*, well mingled in a ſpoonful of *Saxifrage*, or *Hyſop-water*, to prevent the trouble of Frets, and other Diſeaſes in Children following their Birth.

For Infants troubled with Wind and Phlegm.

Many Midwives adviſe the Nurſes, to give them a little pure *Sugar-Candy*, finely bruiſed in *Saxifrage-water*, or *Scabious-water*, in a Spoon, well mingled together.

A moſt excellent Medicine, to cauſe Children to Teeth eaſily.

Take of pure *Capon's-greaſe* very well Clarified, the quantity of a *Nutmeg*, and twice as much of pure *Honey*, mingle and incorporate them well together, and 3 or 4 times in a day anoint the Child's Gums when they are Teething, and they will break Fleſh eaſily, and prevent Torments and Agues, and other Griefs, which uſually accompany their coming forth.

To cauſe a young Child to go to Stool.

Take a good big green *Mallow Sprig*, and ſtrip off the outward Skin, and anoint the *Sprig* well with freſh *Butter*, and put it up into the Child's Fundament, and let it ſtay awhile there, and in a very ſhort time it will procure a Stool.

For an Ague.

Take the Herb called *Hartſhorn*, ſtamp it, then mingle it with *Bay-ſalt*, and 3 or 4 hours before the Fit comes, apply it, ſpread upon a Linnen-cloth, to the Child's Wriſts, and when the Fit is paſt, apply a freſh one before the next Fit, and in a few Fits (God willing) it ſhall be cured.

Beautifying

Beautifying Waters, Oyls, Ointments, and Powders, to Adorn and add Loveliness to the Face and Body.

1. *To make the Hair very Fair.*

WASH your *Hair* very Clean, and then take some *Alom Water* warm, and with a *Sponge* moisten your *Hair* therewith, and it will make it Fair.

2. Another.

Take the last Water that is drawn from *Honey*, and wash your Head therewith, and it will make the Hair of an excellent fair Colour, but because it is of a strong smell, you must Perfume it with some sweet *Spirit*.

3. *To make the Hair grow thick.*

Make a strong *Lye*, then take a good quantity of *Hyssop* Roots, and Burn them to *Ashes*, and Mingle the *Ashes* and *Lye* together, and therewith wash your Head, and it will make the Hair grow; also the *Ashes* of *Frogs* Burnt, do encrease Hair, as also the *Ashes* of *Goats-dung* Mingled with *Oyl*.

4. *To make the Hair Grow.*

Take *Marsh-Mallows*, and Boyl them, Roots and all, and wash the Head therewith, and it will grow in a short time; also take a good quantity of *Bees*, and dry them in a Sieve, by the Fire, and make Ponder of them, and Temper it with *Oyl-Olive*, and Anoint the place where the *Hair* should grow; also take the *Oyl* of *Tartar*, and warm it, and Anoint any *Bald-Head* therewith, and it will Restore the Hair in a short time.

5. *To make the Hair Fair.*

Take the *Ashes* of a *Vine* Burnt, of the Knots of *Barley-Straw*, and *Licorice*, and *Sow-bread*, and Distill them together in Fair *Water*, and wash the *Head* with it; also sprinkle the *Hair* while it is Combing, with the Pouder of *Cloves*, *Roses*, *Nutmegs*, *Cardamum*, and *Galingal*, with *Rose water*; also the *Head* being washed with the

Decoction

Decoction of *Beech-Nut-Trees*, the *Hair* will become Fair.

6. *To make the Hair Grow.*

Take *Haste-Nuts* with *Husks* and all, and Burn them to Powder, then take *Beech-mast*, and the Leaves of *Enula Campana*, and Stamp the *Herb* and them altogether, then Seeth them together with *Honey*, and Anoint the place therewith, and strew the Powder thereon, and this will make the *Hair* Grow.

7. *To take away Hair.*

Take the Juice of *Fumitory*, mix it with *Gum-Arabick*, then Lay it on the place, the *Hairs* first Plucked out by the Roots, and it will never permit any more *Hair* to Grow on the place. Also Anoint your *Head* with the Juice of a *Glo-worm* Stamped, and it hath the same Virtue.

8. *For the falling of Hair*

Take the *Ashes* of *Pidgeons-dung* in *Lye*, and wash the *Head* therewith, also *Walnut-leaves*, beaten with *Bears-Suet*, restoreth the *Hair* that is plucked away.

9. *To make the Face fair.*

Take the Flower of *Beans* and distill them, wash the Face with the *Water*.

10. *For cleansing the Skin.*

If the Face be washed with the Water that *Rice* is sodden in, it cleanseth the Face, and taketh away *Pimples*.

11. *A Water to Adorn the Face.*

Take *Eggs* cut in pieces, *Orange-peels*, the Roots of *Melons*, each as much as is sufficient, in a large Vessel, with a long Neck, distil it by an *Alimbeck*, with a strong and careful Fire.

12. *To Beautify the face.*

Take of *Cuckow-pintle* a pretty Quantity, Bruise the thick parts with *Rose-water*, dry them by the *Sun* 3 or 4 days, then pouring more *Rose-water* on it, use it.

13. *To make the face look Youthful.*

Take two Ounces of *Aquavita*, *Bean-flower-water*, and *Rose water*, each 4 Ounces, Water of *Water-Lillies* 6 ounces, mix them all, and add to them one dram of the

whiteſt *Tragacanth*, ſet it in the *Sun* 6 days, then ſtrain it through a fine *Linnen* Cloath: Waſh your Face with it in the Morning, and do not wipe it off.

14. *A Water to take away Wrinkles in the face.*

Take of the Decoction of *Briony* and *Figs*, each a like quantity, and waſh the Face with it.

15. *An excellent Water called Lack Virginis, or Virginis Milk, to make the face, Neck, or any part of the Body fair and White.*

Take of *Alumen, Plumoſi*, half an Ounce, and alſo add thereto of *Camphire* one Ounce, of *Roch-Allom* one Ounce, and a Dram, *Sal Gemmi* half an Ounce, of White *Frankincenſe* 2 Ounces, *Oyl* of *Tartar* one Ounce, and a half, make all theſe into moſt fine Pouder, and mix it with one quart of *Roſe-water*, ſet it in the *Sun*, and let it ſtand 9 days, often ſtirring it, then take *Lethagge* of *Silver*, half a pound, beat it fine and Searſe it, then Boyl it with one pint of *White-wine Vinegar*, till 1 third be Conſumed, ever ſtirring it with a *Stick*, while it Boyleth, then diſtill it by a *Philter*, or let it run through a *Jelly-bag*, then keep it in a *Glaſs Vial*, and when you will uſe thoſe Waters, take a drop of the one, and a drop of the other in your Hand, and it will be like *Milk*, which is called *Lac Virginis*; waſh your Face, or any part of your Body therewith, it is moſt precious for the ſame.

16. *To take away Sun-burn.*

Take the Juice of *Lemon*, and a little *Bay-Salt*, and waſh your Face or Hands with it, and let them dry of themſelves, and waſh them again, and you ſhall find all the *Sun-burn* gone.

17. *To make the face fair,*

Boyl the Flowers of a *Roſemary* in *White wine*, with which waſh your Face.

18. *To Clear the Skin, and make it White.*

Take freſh *Boars greaſe*, and the white of an *Egg*, and Stamp them together with a little Pouder of *Bayes*, and therewith Anoint the Skin, and it will clear the *Viſage*, and make it White.

19. *To take away freckles in the face.*

Anoint your Face with *Oyl* of *Almonds*, and drink *Plantain-water*, or Anoint your *Visage* well and often with *Hairs* Blood.

20. *To Smooth the Skin.*

Mix *Capon's greaſe* with a quantity of *Sugar*, and let it ſtand a few days cloſe Covered, and it will turn to a clear *Oyl*, with which Anoint your Face.

21. *To Blanch the face.*

Take the Pulp of *Lemons*, and take out the *Kernels*, and put to them a quantity of fine *Sugar*; Diſtill theſe, and keep the Water to waſh your Face every Night.

22. *To take away the Holes or Pits in the face, by reaſon of the Small-pox.*

For helping of this Accident I have tried many things, and the beſt means I have found, is to Waſh the Face one day with the diſtilled water of ſtrong *Vinegar*; and the next day with the Water wherein *Bran* and *Mallows* have been Boyled, and continue this 20 days or a Month together.

23. *For the Redneſs of the Hands or the face, after the Small-pox.*

Take *Barley*, *Beans*, *Lupines*, of each one Handful; bruiſe them all in a *Morter* groſly, and Boyl them in 3 pints of Water, till it grow thick like a Jelly, then ſtrain it, and Anoint the Face and hands three or 4 times a day, for 3 or 4 days together, and then Wet the Face and Hands as often with this Water following.

24. *Another.*

Take *Vine-leaves* 2 Handfuls, *Bean-flower*, *Dragon*, *Wild Tanſie*, of either one Handful, *Camphire* 3 Drams, 2 *Calves* Feet, the Pulp of 3 *Lemons*, a pint of Raw *Cream*, Shred the *Herbs* ſmall, as alſo the *Lemons*, and Break, and Cut the *Calves-feet* ſmall; then mix them together, and diſtill it in a *Glaſs-Still*, and uſe it. Alſo the Water of *May*-dew is excellent good for an high Colour, or Redneſs in the Face.

25. *For Pimples in the face.*

Waſh your Face with Warm Water when you go t

Be-

Bed, and let in dry; Then take the white of an *Egg*, and put it into a *Saucer*, and ſet it upon a *Chafing-diſh* of *Coals*, and put it into a piece of *Allom*; beat it together with a Spoon, till it become thick, then make a Round Ball, and therewith Anoint the Face where the *Pimples* are.

26. *For Morphew, or Scurf, of the face or Skin.*

Take of *Brimſtone* beaten into Powder 2 Ounces, mix it with as much black *Soap* that ſtinketh, and tye the ſame in a *Linnen-cloth*, and let it hang in a pint of ſtrong *Wine-Vinegar*, or *Red-Roſe-Vinegar*, for the Space of 8 or 9 Days, and waſh the Scurf, dipping the Cloth in the *Vinegar*, Rubbing it therewith, and let it dry of it ſelf.

27. *For heat and ſwelling in the face.*

Boyl the leaves or bloſſoms of Roſemary, either in White-wine, or fair water, and uſe to waſh thy hands and face therewith, and it will preſerve thee from all ſuch inconveniences, and alſo make both thy face and hands very ſmooth.

28. *For a Red face.*

Take Brimſtone that is whole, and *Cinamon*, of either of them an even proportion by wight, beat them into ſmall powder, and ſearſe it through a fine cloath upon a ſheet of white Paper, to the quantity of an ounce or more, and ſo by even proportions in weight, mingle them together in clean clarified *Capons greaſe*, and temper them well together till they be well mollified, and put to it a little Camphire to the quantity of a Bean, and ſo put the whole Confection into a Glaſs and uſe it.

29. *To take away Pimples.*

Take White-flower mingled with Honey, and Vinegar, and lay it upon them.

30. *An Excellent Oyntment for an inflamed Face.*

Take an ounce of the Oyl of Bays, and an ounce of Quick-ſilver, and put them in a Bladder together with a ſpoonful of faſting *ſpittle*, and then rub them well together, that nope of the *quick-ſilver* be ſeen, take this Oyntment when it is made, and anoint the face therewith, and it will heal it well and fair, *Proved true.* 31.

31. *For a rich face.*

Take 3 yolks of Eggs raw, as much in quantity of freſh butter, or *Capons greaſe* without *ſalt*, *Camphire* two penny worth, Red *Roſe-water* half a pint, two Grains of Civet, and boyl all theſe together in a Diſh, then ſtrain them through a clean Cloath, and ſet it to cool, and take the uppermoſt, and uſe it.

32. *To make the Skin white and clear*

Boyl two ounces of French Barly in three pints of Conduit water, change the water and put in the Barley again; and do this till your Barley do not diſcolour the Water, then boyl the laſt three pints to a quart, then mix half a pint of White-wine therein, and when it is cold, wring the juice of 2 or 3 good Lemons therein, and uſe it for the Morphew, heat of the Face, and to clear the Skin.

33. *An excellent Pomatum to clear the Skin.*

Waſh *Barrows-greaſe* or *Lard* oftentimes in *May* dew, that hath been clarified in the Sun till it be exceeding white; then take *Marſh-Mallow-roots*, ſcraping off the out-ſides, make thin ſlices of them, and mix them, ſet them to macerate in a *Balneo*, and ſcum it till it be clarified, and will come to rope, then ſtrain it, and put now and then a ſpoonful of *May* dew therein, beating it till it be thorough cold in often change of *May*-dew, then throw away that dew, and put it in a Glaſs, covering it with *May*-dew, and ſo keep it for your uſe.

34. *To take away Spots and freckles from the face and Hands.*

The Sap that iſſueth out of a Birch-tree in great abundance, being opened in *March* or *April* and a Glaſs Receiver ſet under it to receive it: This cleanſeth the Skin excellently, and maketh it very clear being waſhed therewith. This Sap will diſſolve Pearl, a Secret not known to many.

35. *To take away freckles and Morphew.*

Waſh your face in the wain of the Moon with a Sponge, Morning and Evening with diſtilled water of

Elder-

Elder-leaves, letting it dry on the Skin; you muſt Diſtil your Water in *May*. This I had from a Traveller, who hath cured himſelf thereby.

36. *To make the Teeth White and Sound.*

Take quart of Honey, and as much Vinegar, and half ſo much White-wine, boyl them together, and waſh your Teeth therewith now and then.

37. *A Dentifrice to whiten the Teeth.*

Take of *Harts-horn* and *Horſes teeth*, of each 2 ounces, *Sea ſhells*, common *Salt*, *Cypreſs-Nuts*, each 1 ounce, burn them together in an Oven, and make a powder, and work it up with the Mucilage of Gum Tragagant, and rub the Teeth therewith.

38. *To make the Teeth as white as Ivory.*

Take *Roſemary*, *Sage*, and little *Allum* and *Honey*, and boyl them together in fair *Running water*, and when it is well boyled ſtrain out the fair water, and keep it in a Glaſs, and uſe it ſometimes to waſh your Mouth and Teeth therewith, and it will make them clean: Alſo waſh your Teeth with the Decoction of *Lady Thiſtle-Root*, and it will cleanſe and faſten the Teeth, and the ſore Gums make whole: alſo the Root of *Hore-hound* drunk or chewed faſting, doth quickly heal the Gums, and maketh the Teeth clean; *Strawberry-leaves* alſo cleanſeth the Teeth and Gums, a ſure and tryed Experiment.

39. *To make the Teeth White.*

Take one drop of the *Oyl Vitriol*, and wet the Teeth with it, and rub them afterwards with a courſe Cloth; altho this Medicine be ſtrong, fear it not.

40. *For a ſtinking Breath.*

Take two handfuls of Cummin, and ſtamp it to powder, and boyl it in Wine, and drink the Syrup thereof Morning and Evening for fifteen days, and it will help. *Dioyed.*

41. *To make Breath ſweet.*

Waſh your Mouth with the Water that the Shells of Citrons have been boyled in, and you will have a ſweet Breath.

42. To

42. *To sweeten the Breath.*

Take *Butter* and the juice of *Feathersew*, and temper them with *Honey*, and take every day a spoonful. Also these things sweeten the Breath, the Electuary of Aromaticks, and the peel of Citrons.

43. *To cleanse the Mouth.*

It is good to cleanse the Mouth every Morning by rubbing the Teeth with a Sage leaf, Citron peels or with powder made with Cloves and Nutmegs; forbear all Meats of ill Digestion, and raw fruits.

44. *For running in the Ears.*

Take the juice of Elder and drop it into the Ear of the party grieved, and it cleanseth the Matter and the Filth thereof, also the juice of Violets used, is very good for the Running of the Ears.

45. *For Eyes that are Blood-shot.*

Take the roots of Red Fennel, stamp them, and wring out the juice, then temper it with Clarified Honey, and make an Oyntment thereof, and anoint the Eyes therewith, and it with take away the Redness.

46. *To make the Hands White.*

Take the flower of *Beans*, of *Lupines*, of *Starch-Corn*, *Rice*, *Orice*, of each six ounces, mix them and make a powder, with which wash your hands in Water.

47. *A delicate Washing-ball.*

Take 3 ounces of *Orice*, half an ounce of *Cypress*, two ounces of *Calamus Aromaticus*, 1 ounce of *Rose-leaves*, 2 ounces of *Lavender-flowers*; beat all these together in a Mortar, searsing them through a fine searse, then scrape some *Castile soap*, and dissolve it in *Rose-water*, mix your powders therewith, and beat them in a Mortar, then make them up in Balls.

48. *For the Lips chops.*

Rub them with the Sweat behind your Ears, and this will make them smooth and well coloured.

49. *To prevent marks of the Small-Pox.*

Boyl Cream to an Oyl, and with that anoint the whales with a Feather as soon as they begin to dry and keep the Scabs always moist therewith; let your face be anointed almost every half hour.

50. For

50. *To take away Child-blains in hand or feet.*

Boyl half a peck of *Oats* in a quart of *Water* till its dry, then anoint your *Hands* with *Pomatum*, and after they are well Chafed, hold them within the *Oats* as hot as you can endure them, covering the bowl wherein you do your hands with a double cloath to keep in the ſteam of the *Oats*, do this 3 or 4 times and it will do.

51. *To take away Pock-holes or Spots in the Face.*

Wet a Cloath in *White-Roſe-water*, and ſet it all night to freeze in the winter, then lay it upon your Face till it be dry, alſo take 2 or 3 Poppies, the reddeſt you can get, and quarter them, taking out the Kernel, diſtil them in a quart of *Red-Cows*-Milk, and with the water waſh your Face.

54. *An excellent Beauty Water uſed by the* D. *of* C.

Take of *white Tartar* 2 drams, *Camphire* 1 dram, *Coperas* half a dram, the whites of 3 or 4 Eggs, the juice of a couple of Lemons; Oyl of *Tartar* 4 ounces, and as much *Plantain-water*, white Mercury a penny-worth, 2 ounces of bitter Almonds; beat all theſe to powder, and mix them with the Oyl and ſome Water, and then boyl it upon a gentle Fire, ſtrain it, and ſo keep it; when you uſe it, you muſt rub your face with a Scarlet cloath, and at Night waſh your face with it, and in the Morning waſh it off with Bran and White-wine.

53. *Againſt a ſtinking Breath.*

Take a handful of Wood-bine, and as much *Plantain*, bruiſe them very well, then take a pint of *Eye-ſeeds*, and as much water, with a little Honey and Allom; keep all theſe waters together in a Glaſs, and waſh your mouth well therewith, and hold it in your Mouth, and it will deſtroy all Cankers, and Cure a Stinking Breath, and preſerve the Teeth from Rottenneſs.

54. To

54. *To Procure an Excellent Colour and Complection to the Face used by the* C. *of* S.

Take juice of *Hyssop*, and drink it in a Morning fasting, half a dozen Spoonfuls in Ale warm, it will procure an excellent colour, is good for the Eye-sight, destroyeth Worms, and is good for the Stomach, Liver, and Lungs.

55. *To keep the Teeth white, and kill Worms.*

Take a little Salt in a Morning fasting, and hold it under your Tongue till it be melted, and then rub your Teeth with it.

56. *To procure Beauty, an Excellent Wash.*

Take 4 ounces of *Sublimate*, and one ounce of *Crude-Mercury*, and beat them together exceeding well in a Wooden Mortar, and Wooden Pestle; you must do it at least 6 or 8 hours, then with often change of cold Water, take away the Salts from the Sublimate, change your Water twice every day at least, and in 7 or 8 days it will be dulcified, and then it is prepared; lay it on with Oyl of white Poppy.

57. *A beauty-water for the face, by Madam* G.

Take Lye that is not too strong, and put 2 peels of *Oranges*, and as much Citron-peel, Blossoms of Camomile, *Bay-leaves*, and *Maiden-hair*, of each a handful, of *Agrimony*, 2 or 3 ounces, of *barly-straw* chopt in pieces a handful, as much Fenugreek, a pint of *Vine-leaves*, 2 or 3 handfuls of Broom-blossoms; put all these into the lye, and mingle them together, and so wash the Head therewith, put to it a little Cinamon and Myrrh, let it stand, and wash your face therewith every Evening. It is good to wash the Head, and to comfort the Brain and Memory.

58. *Against stink of the Nostrils.*

Take *Cloves*, *Ginger*, and *Calamint*, of each a like quantity, boyl them in *White wine*, and therewith wash the Nose within; then put the powder of *Piritrum* to provoke one to sneeze, If there be Phlegm in the head, you must purge the Head with Pills of Colchie, or of *Hiera-picra*: Or if the stink of the Nose come from the Stomach, Purge first.

59. *To*

59. To make the Hands white.

To make the Hands White and Soft, take Daffodil in clean Water till it grow thick, and put thereto powder of *Centarium*, and ſtir them together, then put thereto raw Eggs, and ſtir them well together, and with this Oyntment anoint your hands, and within three or four days uſing thereof, they will be white and clear.

60. A ſweet Water for the Hands.

Take of the Oyl of Cloves, Mace or Nutmegs, 3 or 4 drops only, and mingle it with a pint of fair water, ſtirring them a pretty while together in a Glaſs, having a narrow Mouth, till they are well mingled together, and it will be very ſweet water, and will cleanſe and whiten the Hands very much.

61. For Heat and Worms in the Hands.

Bruiſe a little Chick-weed, and boyl it in running water, till half be waſted away, and waſh your Hands in it as hot as you can ſuffer it, for the ſpace of ſix days, and it will drive away the Heat or Worms in the Hands.

62. To make the Nails grow.

Take wheat-flower and mingle it with Honey, and lay it to the Nails, and it will help them.

63. For Nails that fall off.

Take Powder of *Agrimony*, and lay it on the place where the Nail was, and it will take away the Aching, and make Nails grow.

64. For Cloven Nails.

Mingle *Turpentine* and *Wax* together, and lay it on the Nail, as it groweth cut it, and it will heal.

65. For Nails that are rent from the fleſh.

Take ſome Violets and ſtamp them, and fry them with *Virgins Wax* and *Frankincenſe*, and make a plaiſter, lay it to the Nail, and it will be whole.

66. Another.

Anoint your fingers with the powders of *brimſtone*, *Arſnick*, and *Vinegar*, and you ſhall find great eaſe.

67. For

67. For Stench under the Arm-holds.

First pluck away the Hairs of the Arm holes, and wash them with White-wine and Rose-water, wherein you have first boyled *Cassia Lignum*, and use it 3 or 4 times.

68. For the Yellow Jaundice.

Take the Juice *Wormwood*, and *Sorrel*, or else make them in Syrup, and drink it at Morning.

69. To take away Warts from the hands or face.

Take *Purslain*, and rub it on the Warts, and it maketh them fall away; also the juice of the Roots of Rushes applyed healeth them.

70. To smooth the skin from Morphew and Freckles.

Anoint the Face with the Blood of a Hare or Bull, and this will take away Morphew, and Freckles, and smooth the Skin.

71. For taking away Spots in the face, after the Small-Pox.

Mix the juice of Lemons with a little *bay-salt*, and touch the spots therewith oftentimes in a day, for it is excellent good.

72. A good Oyntment for the same.

Take Oyl of sweet Almonds, Oyl of White Lillies, of either one ounce; *Capons grease*, *Goats tallow*, of each 4 drams, Litharge of Gold one dram and a half, Roots of Briony and Ireos, of either one scruple, *Sugar-Candy* white one dram, make powder of all those that may be brought into powder, and searce them, then put them all in a Mortar together, beat them together, and in the working put thereto Roses, Bean-flower, and white Lilly-water, of each a good spoonful, put in by little and little, and so work them together till they become an Oyntment; anoint your face, and hands with it every Evening, and in the Morning wash it away in water boyled with Barley, Wheaten bran, and with the seed of Mallows.

73. A beauty water.

Take of Bean-flowers 6 handfuls, Lemon-water one pint, Lilly-roots 8 ounces, Bean-flower a pound, Gum Ara-

Arabick and Tragacanth of each one ounce, distill all these together, and wash the face therewith.

74. *Another,* Approved.

Take of distilled *Turpentine* 2 pound, *frankincense* 3 ounces, *Mastick, Dragon's-blood,* of each half an ounce, powder them, and mix them with *Turpentine-water,* and distill them again, then take of fresh *hogs-grease* melted one pound, 2 drams of Cloves, 3 Nutmegs, Gold one dram, Silver 2 drams, powder them finely, and distill them in an Alembick.

75. *To take away freckles and scars in the face.*

Take of *Aqua-vitæ* four times distilled 3 parts, the tops of Rosemary-flowers 1 parts, steep them together a day and a night, in a vessel well stopt, then distil them.

76. *To make the face fresh and ruddy.*

Use the Shavings of Brazeel-wood dissolved in Rose-water, with a little Camphire added thereto, and you will find it very effectual to make a good Colour and Complection.

77. *To make the face Youthful.*

Take 2 Calves-feet, River-water 9 Quarts, boyl them till one half be wasted, then add 1 pound of Rice, the Crumb of a Penny-loaf softned in Milk, fresh Butter, whites of Eggs with their shells, mix them all, and boyl them, and distil all the water from them, to which add at last Camphire, and Sugar, each a little, and it will be excellent.

87. *A Water to whiten the Skin, and take away Sunburn.*

Take of Rain-water, the juice of unripe Grapes, each a like quantity, boyl them together till one half be consumed, then whilst it boyls add so much juice of Lemons as was boyled away before, when it is boyled then take it off, and add 4 whites of Eggs after it is cold, and keep it for use.

79. *To clear the face.*

Take of Lilly-roots roots roasted under the Ashes, one pound, bruise them in a Mortar, to which add Sugar-

gar-Candy 3 ounces, make an Oyntment to apply to the Face.

80. *To take away Ring-worms in the face.*

Take of Vinegar of Squills 2 ounces, Aloes, the juice of sower Dock, Oyl of Tarter, of each 3 drams, make a Leniment.

81. *An Oyntment for beautifying the face.*

Take of Citron Oyntment fresh made 3 ounces, sweet Almonds, very well bruised, flower of Beans, of each 1 dram, the bone of the Fish *Sepia*, Harts-horn, Barley-flower, each two drams, incorporate them all with Honey.

82. *Another excellent beautifier.*

Take of *Pomatum* 2 ounces, Citron Oyntment 4 Ounces, mix and anoint the Face therewith Night and Morning, and afterwards wash your Face with Bean-flower-water.

83. *An Oyntment to illustrate the face.*

Take the Oyl of the Marrow of a Hart 2 ounces, Oyl of Gourd-seed 1 ounce, Goats-fat, washt Turpentine, each half an Ounce, new Wax 3 drams, melt them by the fire, then add Mastick, Borax burnt, each two drams, mix them and make an Unguent, with which anoint the face at Night, and in the Morning wash it off with bran-water.

84. *To Curl the hair.*

Take a quantity of Pine-Kernels burnt and beat to powder, mix them with Oyl of Myrtles, make an Oyntment therewith, and anoint the Head.

85. *To make the hair black.*

Take the juice of Red Poppy, the juice of Green Nuts, Oyl of Myrtles, Oyl of Costomary, each one part, boyl it a while, and anoint the Hair therewith.

86. *An Excellent beautifier for the face, used by the Venetian Ladies.*

Take of burnt Tartar half a pound, powder it and dry it as they do Salt, then take that Salt, and put it within the whites of Eggs boyled.

87. *To*

87. *To cure a Red face.*

Take 4 ounces of Peach-Kernels, Goard-seed, two Ounces, bruise them, and make an Oyl to anoint the Face Morning and Evening.

88. *To increase the hair.*

Take the Seeds of *Marsh mallows* a sufficient quantity, boyl them in common Oyl, with which anoint the Hair. Also the Oyl of Earth-worms doth increase the Hair.

89. *To make the Breasts small.*

Take of Roch Allom powdered, and Oyl of Roses of each a like quantity, mix them together, and anoint the Breasts therewith.

90. *To take away the wrinkles of the face.*

Take Oyl of *Turkey-millet*, and the decoction of the Berry of the same, and it will mollify and consolidate Wrinkles. Also Oyl of Nuts is very good for the same.

91. *To cleanse the Body and make it comely.*

Take of Sage, Lavendar-flowers, Rose-flowers, each two handfuls, a little Salt, boyl them in Water or in Lye, and make a Bath not too hot, in which bathe the Body 2 hours before Meat.

92. *A Sweet-scented Bath for Ladies.*

Take of *Roses, Citron-peels, Citron-flowers, Orange-flowers, Jasimine, bays, Rosemary, Lavender, Mint, Penny-royal*, of each a sufficient quantity, boyl them together gently, and make a bath, to which add Oyl of *Spike* 6 drops, *Musk* 5 grains, *Ambergrease* 3 grains, sweet *Asa* 1 ounce, let her go into the bath 2 hours before Meat.

93. *To make the body fat and comely.*

Take of *Milk* and *Spring-water* each one pint, boyl them together till the *Water* be consumed, then add *Sugar* of *Penedies*, fresh *Butter*, each one ounce, Oyl of sweet *Almonds*, newly drawn half an ounce, give them one boyling more, and so let it be taken betimes in a Morning fasting, and sleep upon it.

94. To ſtarch Tiffanies or Lawns.

You muſt ſoap your *Tiffany* on the Hems or Laces only with brown Soap, then waſh them very well in 3 Lathers pretty hot, and let your laſt Lather be made thin of the Soap, do not rince them, nor wring them hard, then dry them over *brimſtone*, and keep them all the time from the Air, for that will ſpoil them, then make your Starch of a reaſonable thickneſs, and blue it as you pleaſe, and to a quarter of a pound of *Starch*, put as much *Allom* as a *Haſel-nut*, boyl it very well and ſtrain it, and while it is hot, wet your *Tiffanies* with it very well, and lay them in a Cloth to keep them from drying, then with your hands clean and dry them, then hold your *Tiffanies* to a good Fire till they be thorough hot, then clap them and rub them between your Hands from the Fire, till you ſee they be very clear, then ſhape them by a piece of Paper, cut out by them before they are waſhed, and Iron them with a good hot Iron, and then they will look Gloſſy like new *Tiffany*. And ſo you alſo ſtarch Lawns, only remember to Iron them upon a Cloth wetted and rung out again, and turned on the wrong ſide, and inſtead of Starch, you may ſometimes uſe *Gum Arabick* in *Water*; and when it is diſſolved, wet the Lawns in that inſtead of Starch, and hold them to the Fire as afroeſaid, clapping and rubbing them till they are very clear.

95. To make clean Gold and Silver Lace.

You muſt pull off your *Lace* from your Garment, and being laid on a clean Table, take a little burnt *Allom*, beaten very fine, and with a ſmall bruſh rub it all over very well, till you find it comes to its Colour, then ſhake it, and wipe it very well over oftentimes, with a clean Linnen Cloth.

96. To cleanſe all ſorts of Silver Plate.

Waſh your Plate in *Soap-ſuds*, and dry it very well, and if any ſpots remain, take *Salt* and *Vinegar*, and rub them out, then daub your Plate all over with *Chalk* and *Vinegar*, and lay it before the Fire, or in the Sun

to

to dry, then rub it off with warm Linnen Cloths very well, and it will look like new.

97. To Wash Silk Stockings.

Make a ſtrong Lather with Soap, and pretty hot, then lay your Stockings on a Table, and take a piece of ſuch Cloth as the Seamen uſe for their Sails, double them up and rub them ſoundly with it, turn them firſt on the one ſide and then on the other, till they have paſſed through 3 Lathers, then rince them well, and hang them to dry with the wrong ſide outwards, and when they are near dry, pluck them out with your Hands, and ſmooth them with an Iron on the wrong ſide.

98. To make clean Points and Laces.

Take new White-bread and pare off the Criſt, then lay your Points upon a clean Cloth on the Table, and rub the White-bread all over upon them, and afterwards rub it over again with a ſmall clean bruſh, and the Crumbs of Bread, till you have rubb'd it very clean, then cleanſe it from the Bread, and gently ſlap it over with a clean Linnen Cloth; in the ſame manner you may take off the Soil from *Tabbey*, *Taffety*, or white *ſattin*, or any other Coloured, if it be not too much Soil'd and Greaſy.

99. To get Ink-ſpots out of Linnen.

As ſoon as any ſuch Accident happens, lay it immediately in Urin, and there let it lye all Night, and the next day waſh it out again, and in ſo doing 2 or 3 times, you will find the Spots and Stains quite gone.

100. To take ſpots of Greaſe out of ſilk, ſtuff, or cloth.

Wet a Linnen Rag in fair Water, and then put a live Wooden or Sea Coal upon it, and cloſe it up about the Coal, and preſently lay it upon the greaſy Spot, whilſt it is ſmoaking hot, and when you perceive it to cool, do ſo again till the Spots are taken out.

101. To take away the ſtains of Linnen-cloth, cauſed by any ſort of Fruit.

Take any of your Garments ſo ſtained before they are waſhed, and rub every Spot thereof very well with a

a little Butter, then let it lye a little while in the ſcalding hot Milk, and when it is cooled, rub the ſpotted places in the Milk till they are quite out, and then waſh it out with Water and Soap.

104. *To waſh white Sarſenet.*

Firſt take your Sarſenet and ſpread it very ſmooth and ſtrait upon a board, and ſpread Soap upon thoſe places that are ſoiled, and afterwards take a hard bruſh that is ſmall, and dip it in Water, and make an indifferent thick Lather, and with the bruſh rub your *Sarſenet* well with it the right way of the Silk, and when one ſide is well waſht, waſh the other alſo, then make a clean *Lather* ſcalding Hot, and put in your *Hoods* double into it, and cover it up, and ſo faſt as you waſh them into it, give them 3 good Waſhes upon the board, and after the firſt *Lather*, let the reſt be very Hot, and caſt them in a Scald every time, then make up a Scalding-hot Water, and after you have Steeped ſome Water of *Gum-Arabick*, put it therein, adding thereunto ſome ſmalt to blue it a little, let the *Hoods* be doubled up therein, and cloſe covered for an Hour, and when you take them out, dip them very well all over, and fold them up in a very ſmall Compaſs, and ſmooth them very well betwixt your Hands, till they be more than dry, after you have ſmoothed them over *Brimſtone*, then ſmooth them with *Hot-Irons*, the way you waſhed them, and upon the right ſide of the *Sarſenet*.

105. *To waſh black Sarſenets.*

Waſh them, the ſame with the other, only Rince them in *Small-Beer*, without any *Gum*, and *Iron* them upon a *Woolen-Cloth*, on the wrong-ſide.

106. *To waſh coloured Silks.*

They muſt be waſht the ſame way with the White *Sarſnet*, only you muſt not uſe any blue with them, neither muſt you Smoak them over *Brimſtone*. but in all things elſe you muſt do as in the White *Sarſenet*.

107. *To Embroider Belts, Bodices, or Petticoats.*

Get your Pattern drawn, and then form it about with what you like beſt, black *Gimp* or other, and fill up the

under parts and Leaves, with *Saxen-ſtitch*, ſome Light and ſome Darker, and let the upper parts and Seeds of Flowers be done with high Work, as *Purple* ſtitcht or others, and let the ſtalks be all alike, with a great *Gimp* Twiſted, you may make your *Flowers* of what fancy you pleaſe, in Shadows, and being well Shadowed, they will appear very Natural.

108. *To Waſh and Starch Points.*

You muſt firſt put your *Points* into a Tent, then take very good *Soap*, and make a ſtrong *Lather* therewith, then take a ſmall *Bruſh* and dip it therein, and therewith rub your *Point* very well on both ſides, and continue ſo to do, till you have waſhed it in 4 *Lathers*, and then waſh it in fair Water only, and afterwards in blue Water, and then take ſome *Starch* that is made thin with Water, and waſh it over on the wrong ſide, with your *Bruſh*, and ſo let it dry, then lay it upon a Table, and with an *Ivory Bodkin* made for that purpoſe, open it in the cloſeſt and narroweſt parts thereof, then open the *Gimp*, and Overcaſt, and alſo the *Iſlet-holes*, and when they are thus opened, you muſt *Iron* them on the wrong ſide, but before your Water be Warm, that you make your *Lather* with, and let not your Water, with which you waſh them, be too *Blue*.

The Compleat Cook's Guide, or Directions for the Dreſſing of all Fleſh, Fowl, and Fiſh, both in the Engliſh *and* French *Mode; with the preparing of all manner of Sauces and Sallets proper thereunto.*

Together with the making of all Sorts of Pyes, Paſties, Tarts, and Cuſtards; with the Forms and Shapes of many of them. With Bills of Fare, both for Ordinary and Extraordinary:

1. *To make a Lamb-Pye.*

FIrſt, cut your *Lamb* into Pieces, and then ſeaſon it with *Nutmegs*, *Cloves*, and *Mace*, and ſome *Salt*, with *Cinamon*,

Currans, *Raisins* of the *Sun*, and sweet *Butter*; and if you will eat it hot, when it is baked, put in some Yolks of *Eggs*, with *Wine-Vinegar*, and *Sugar* beaten together, but if you will eat it cold, put in no *Eggs*, but only *Vinegar* and *Sugar*.

2. *To make a Rice Pudding.*

Take thin *Cream*, or good *Milk*, of what quantity you please, boyl it with a little *Cinamon* in it, and when it hath boyled a while, take out the *Cinamon*, and put in *Rose-water*, and *Sugar* enough to make it sweet and good; then having your *Rice* ready beaten, as fine as *Flowre*, and Searced as some do it, strew it in, till it be the thickness of a *Hasty Pudding*, then pour it into a Dish, and serve it.

3. *To make Cheese Cakes, the best way.*

Take 2 Gallons of New *Milk*, put into them 2 *Spoonfuls* and a half of *Runnet*, heat the *Milk* little less then *Blood-warm*, cover it close with a *Cloth*, till you see the *Cheese* be gathered, then with a *scuming-dish*, gently take out the *Whey*, when you have Dreyn'd the *Curd* as clear as you can, put it into a Sieve, and let it drain very well there; then to 2 quarts of *Curds*, take a quart of thick *Cream*, a pound of sweet *Butter*, 12 *Eggs*, a pound and half of *Currans*, a Peny-worth of *Cloves*, *Nutmegs*, and *Mace* beaten, half a pound of good *sugar*, a quarter of a pint of *Rose water*; Mingle it together, and put it into *Puff-paste*.

4. *To make an Egg Pye, or Mince Pye, of Eggs.*

Take the Yolks of 2 dozen of *Eggs* hard *Boyled*, shred them, take the same quantity of *Beef-suet*, half a pound of *Pippins*, a pound of *Currans* well washed and Dry'd, half a pound of *sugar*, a Peny-worth of beaten *Spice*, a few *Carraway seeds*, a little *Candied Oringe peel* shred, a little *Verjuice* and *Rose-water*, fill the Coffin, and bake it with gentle heat.

5. *To Carbanado Mutton.*

Broyl a Shoulder, or Breast of *Mutton*, then scotch them with your *Knife*, and strew on Minc'd *Thyme*, and *Salt*, and a little *Nutmeg*; when they are Broyled dish them up: The Sauce is *Claret-Wine*, Boyled up with 2 *Onions*, a little *Camphire*, and *Capers* with a little *Gravy*, Garnish'd with *Lemons*.

6. *To stew a Pheasant* French *fashion.*

Roast your *Pheasant*, till it be half Roasted, then Boyl it in *Mutton* Broth, and put into the Broth whole *Pepper*, whole *Mace*, *Onions* and *Vinegar*, and make it sharp, and put in *Pruans* and *Currans*, and colour your Broth with bruised *Pruans*.

7. *To make Bisket Bread.*

Take half a peck of fine *flower*, 2 Ounces of *Annifeeds*, 2 Ounces of *Coriander-seed*, the whites of 6 *Eggs*, a pint of *Ale-Yeast*, with as much warm *Water* as will make it up into a *Paste*, so Bake it in a long *Rowl*; when it is 2 days Old, pare it, and slice it, then *sugar* it, and dry it in an *Oven*, and keep it all the Year.

8. *To make a Dish of Marrow,*

Take a pint of fine *Paste*, and Roul it very thin, then take the *Marrow* all as whole out of the Bones as you can, and Cleave it into 4 quarters, then take it and season it with a little *Pepper*, *Salt*, *Sugar*, and Dates small Minced, then lay one piece in your *Paste*, and make it up like a *Pescod*, so make half a Dozen of them, and fry them with Clarified *Butter*, scrape *sugar* on and serve them.

9. *To make a Herring Pye.*

Put great store of sliced *Onions*, with *Currans* and *Raisins* of the *Sun*, both above and under the *Herrings*, and store of *Butter*, put them into your *Pye*, and bake them

10. *To make Black-Puddings*

Take a quart of *sheeps blood*, and a quart of *Cream*, 16 *Eggs*, the Yolks and the whites beaten together, stir all this Liquor very well, then thicken it with grated bread and *Oat meal* finely beaten, of each alike quantity, *Beef-Suet* finely shred, and *Marrow* in little Lumps, season it with

with a little *Nutmeg*, *Cloves*, and *Mace* mingled with *salt*, a little sweet *Marjorum*, *Thyme*, and *Penny-royal* shred very well together, and mingle them with the other things: Some put in a few *Currans*, then fill them with Clarified Guts, and boyl them very carefully.

11. *To make a good* Spanish *Olio.*

Take a Rump of *Beef*, or some of a Brisket or Buttock, cut it to pieces; a Loyn of Mutton with the Fat taken off, and a fleshy piece of a Leg of Veal, or Knuckle, a piece of Enterlarded *Bacon*, 3 or 4 *Onions*, or some *Garlick*, and if you will, a *Capon* or 2, or else 3 great *Tame-Pigeons*. First put into the water the *Beef* and *Bacon*, after a while the *Mutton*, *Veal*, and *Onions*, but not the *Capons* or *Pigeons*, only so long till they are Boylled enough, if you have *Garavanza's* put them in at the first, after they have been soaked with Ashes, all Night in Heat, wash them well in warm Water, or if you have *Cabbage-Roots*, *Leeks*, or whole *Onions*, put them in time enough to be sufficiently Boyled. You may at first put in some crusts of *Bread*, or *Venison Pye-Crust*, it must boyl in all 5 or 6 Hours gently, like *Stewing*: After it is well boyled, a quarter, or half an hour before you intend to take it, take out a Porringer full of *Broth*, and put to it some *Pepper*, and 5 or 6 *Cloves*, and a *Nutmeg*, and some *Saffron* and mingle them well in it, then put that into the *Pot* and let it boyl, or Stew with the rest a while, put in a bundle of *Sweet-Herbs*, *Salt* must be put to it when it is *Scum'd*.

12. *To stew Venison.*

If you have much *Venison*, and do make many cold baked Meats, you may stew a dish in haste thus, When it is sliced out of your Pye, Pot, or Pasty, put it in your stewing Dish, and set on a heap of coals, with a little Claret wine, a sprig or two of Rosemary, half a dozen Cloves, a little grated bread, Sugar and Vinegar, so let it stew together a while, then grate on Nutmeg, and dish it up.

13. *To boyl a Leg of Veal and Bacon.*

Lard your Leg of Veal with Bacon all over, with a

little Lemon-peel amongſt it, then boyl it with a piece of Middle-bacon, when bacon is boyled, cut it in ſlices, ſeaſon it with Pepper and dryed Sage mixt together. Diſh up your Veal with Bacon round about it, ſend it with it, ſancers of green Sauce, ſtrew over it Parſley and Barberries.

14. *To make Furmety.*

Take French barley, and pick it, and waſh it, lay it in ſteep one night, then boyl it in 2 or 3 ſeveral waters, and ſo cover it, as you do Wheat, to make it ſmell, then take a quart of good Cream, and boyl it with a Race of Ginger cut in two pieces, one blade of Mace and half a Nutmeg all in one piece, then put thereto ſo much of the barley as will thicken it, and when it is almoſt boyled, ſtir in two or three yolks of Eggs well beaten, and ſo ſtrained with a few beaten Almonds and Flower, or five ſpoonfuls of Roſe-Water, then take out the whole ſpices and ſeaſon your Furmety with Salt, and ſweeten it with Sugar, and ſo ſerve it.

15. *To make a Pig pye.*

Flea your Pig, and cut it into pieces, and ſeaſon it with Pepper, Salt, Nutmeg, and large Mace, lay into your Coffin good ſtore of Raiſins of the Sun, and Currans, and fill it up with ſweet butter, ſo cloſe it, and ſerve it hot.

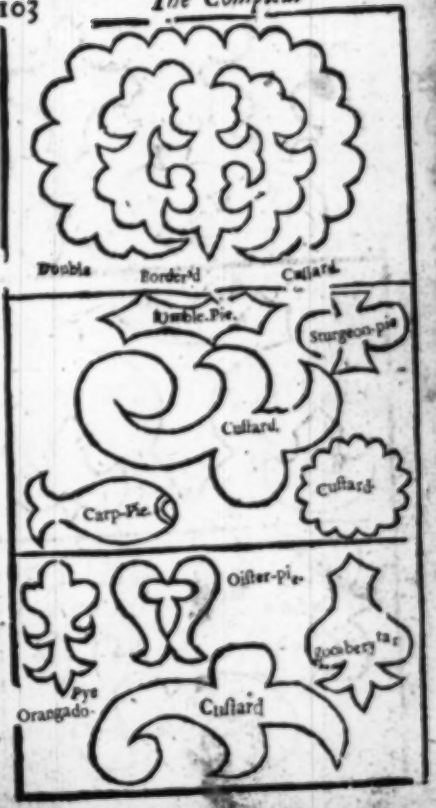
16. *To make a Neats foot-Pye.*

Firſt boyl your Neats-foot, and take out the bones, then put in as much beef-ſuit as in quantity thereto, and ſo mince them, then ſeaſon them with Cloves, Mace, Nutmeg, Sugar, and Salt, and put into your Coffin with ſome *Barberries*, *Currans*, and *Raiſins* of the Sun, then bake it and always ſerve it hot.

17. *To make an Orangado Pye.*

Make a handſome thin Coffin, and hot butter'd Paſte, ſlice your *Orangado*, and put over the bottom of it, then take ſome Pippins and cut every one into eight parts, and lay them in alſo upon the *Orangado*, then pour ſome ſyrup of *Orangado*, and Sugar on the top, and ſo

make


Bumble
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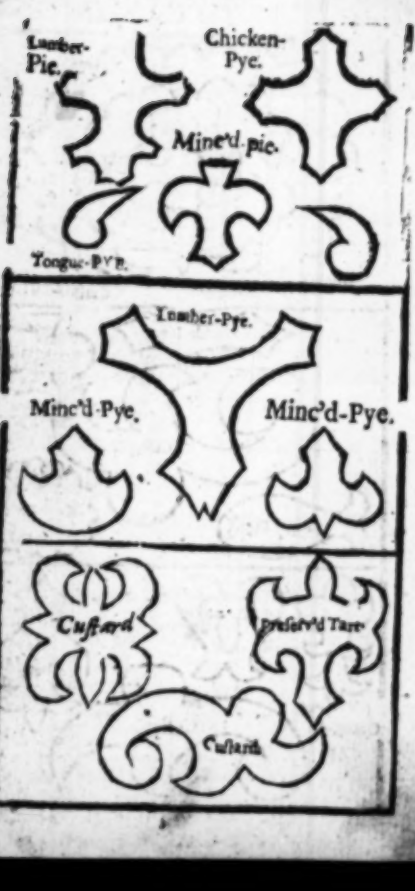
Lumber-Pie.
Chicken-Pye.
Minc'd-pie.
Tongue-Pye.
Lumber-Pye.
Minc'd-Pye.
Minc'd-Pye.
Custard
Preserv'd Tart
Custard

make it up, and bake it, and ſerve it up with Sugar ſcraped on it.

18. *To make a Pork-Pye.*

Boyl your Leg of *Pork*, ſeaſon it with Nutmeg, Pepper and Salt, and bake it five Hours in a round Pye.

19. *To make a Fricacie of Veal.*

Cut your Veal into thin ſlices, beat it well with a rouling-Pin, ſeaſon it with Nutmegs, Lemon, and Thyme, fry it ſlightly in the Pan, then beat 2 Eggs, and one ſpoonful of Verjuice, put it into the Pan, thicken it together, Fry it and diſh it.

20. *To make a Quince-Pye.*

Take a Gallon of Flower, a pound and half of Butter, 6 Eggs, 30 Quinces, 3 pound of *Sugar*, half an ounce of *Cinamon*, half an an ounce of Ginger, half an ounce of Cloves, and Roſe-water; make them into a Tart, and being baked, ſtew on double refined *Sugar*.

21. *To make Gooſe-berry-fool.*

Pick your Gooſe-berries, and put them into clean Water, and boyl them till they be all as thick that you cannot diſcern what it is, to the quantity of a Quart take 6 Yolks of Eggs well beaten with Roſe-water, before you put in your Eggs, ſeaſon it well with *Sugar*, then ſtrain you Eggs, and let them boyl a while, put it in a broad Diſh, and let it ſtand till it is cold, and ſerve it.

22. *To make a tart of Green Peaſe.*

Boyl your Peaſe tender, and pour them out into a Cullender, ſeaſon them with *Saffron*, *Salt*, ſweet *Butter*, and *Sugar*, then cloſe it, and let it bake almoſt an hour, then draw it forth and Ice it, put in a little Verjuice, and ſhake it well, then ſcrape on Sugar, and ſerve it.

23. *To Souce an Eel.*

Souce an Eel with a handful of *Salt*, ſplit it down the back, take out the Chine-bone, ſeaſon the Eel with *Nutmeg*, *Pepper*, *Salt*, and ſweet Herbs mine'd; then lay 2 pack-threads at each end, and the middle roul up like a Collar of Brawn, then boyl it in Water,

Salt, and Vinegar, a blade or two of Mace, and half a slice of Lemon, boyl it half an hour, keep it in the same Liquor 2 or 3 days, then cut it out in round pieces, and lay 6 or 7 in a Dish with Parsley and Barberries, and serve it with Vinegar in Saucers.

24. *To make a Bacon-tart.*

Take a quarter of a pound of the best *Jordan-Almonds*, and put them in a little warm Water to blanch them, then beat them together in a Mortar with 3 or 4 spoonfuls of *Rose-water*, then sweeten them with fine *Sugar*; then take *Bacon* that is clear and White, and hold it upon the point of a Knife, against the Fire, till it hath dropt a sufficient quantity, then stir it well together, and put it into the *Paste*, and bake it.

25. *To make an Umble-Pye.*

Lay Beef suit minc'd in the bottom of the Pye, or slices of interlarded *bacon*, and cut the *Umble* as big as a small Dice, cut your *bacon* in the same form, and season it with *Nutmeg*, *Pepper*, and *Salt*, fill your *Pyes* with it, with slices of *bacon*, and *butter*, close it up and bake it: Liquor it with *Claret*, *Butter*, and stripped *Thyme*, and so serve it.

26. *To keep Asparagus.*

Parboyl your *Asparagus* very little, and put them into clarified *butter*, cover them with it, and when the *butter* is cold, cover them with Leather, and about a Month after refresh the *butter*, melt it and put it on again; then set them under ground, being covered with Leather.

27. *To roast a Haunch of Venison.*

If your Venison be seasoned, you must water it, and flick it with short sprigs of *Rosemary*; let your Sauce be *Claret-wine*, a handful of *grated Bread*, *Cinamon*, *Ginger*, *Sugar*, a little *Vinegar*; boyl these up so thick, as it may only run like *butter*; it ought to be sharp and sweet: Dish up your *Meat* on your *Sauce*.

28. *To Carbonado Hens.*

Let your Sance be a little White-wine and Gravy, half a dozen of the yolks of Hard Eggs minced, boyled up

up with an Onion, add to it grated Nutmeg, thicken it up with the yolk of an Egg or two, with a *Ladle* full of *drawn Butter*; Dish up your *Hens*, and pour over your *Sauce*, strew on your yolks of Eggs minced, and garnish it with *Lemon*.

29. *To fry Artichoaks.*

When they are boyled and sliced, fitting for that purpose, you must have your yolks of Eggs beaten with a grated Nutmeg or two; when your Pan is hot, you must dip them into the Yolks of Eggs, and charge your Pan; when they are fryed on both sides, pour on drawn *Butter*; And if you will fry *Spanish Potatoes*, then the *Sauce* is *Butter*, *Vinegar*, *Sugar*, and *Rose-water*; these for a need may serve for second *Course Dishes*.

30. *To make a Hedge-Hog Pudding.*

Put some *Raisins* of the Sun into a deep Wooden Dish, and then take some *grated bread*, and one pint of *sweet Cream*, 3 Yolks of Eggs, with 2 of the Whites, and some *Beef-suet*, *grated Nutmeg*, and *Salt*, then sweeten it with *Sugar*, and temper all well together, and so lay it into the Dish upon the Raisins, then tye a *Cloath* about the Dish, and boyl it in *Beef-broath*, and when you take it up put it in a Pewter Dish, with the *Raisins* uppermost, and then stick blanched *Almonds* very thick into the Pudding, then melt some *Butter*, and pour it upon the Pudding, then strew some *Sugar* about the Dish, and serve it.

31. *To stew a Leg of Lamb.*

Cut it into pieces, and put it into your *stewing-pan*, being first seasoned with *Salt* and *Nutmeg*, and as much *Butter* as will stew it, with *Raisins* of the *Sun Currans* and *Gooseberries*; when it is stewed, make a *Caudle* with the yolks of 2 or 3 Eggs, and some *Wine-Vinegar* and *Sugar*, beaten together and put it into your *Meat*, and stew all a little longer together, then dish it; strew *Sugar* on the brims, and serve it hot.

32. *To bake a Pickerel.*

Boyl your Pickerel, and pull out the ribs and bones, then put it into your Paste, and season it with Pep-

per and Salt, and put in some *Butter*, and *Raisins* of the *Sun*, and so bake it.

33. *To make a Haggess-Pudding.*

Take a fat *Haggess*, parboyl it well, take out the kernels, shred it small, and temper it with a handful or two of grated Manchet, then take 3 or 4 Eggs well beaten, *Rose-water*, *Sugar*, *Cloves*, *Nutmeg*, *Cinamon*, and *Mace* finely beaten, *Currans* and *Marrow* good store; temper them altogether with a quantity of *Cream*, being first moderately seasoned with *Salt*.

34. *To make a Dish of Meat with Herbs.*

Take *Sivet*, *Parsley*, *thyme*, *Marjoram*, and roast 3 or 4 *Eggs hard*, and a quantity of *Mutton suet*, *Beef* or *Lamb*, chop them fine altogether, and season it with *Cloves*, *Mace*, *Ginger*, *Sugar*, and *Cinamon*, and a little *Salt*, then fry them with a little sweet *butter*.

35. *To make Cream of Eggs.*

Take one quart of Cream, and boyl it, then beat 4 Whites of *Eggs* very well with 2 spoonfuls of Rose-water; when the Cream is boyled enough, take it off the Fire, and when it is cool, stir in the Eggs with a little Salt, then garnish your dish with fine *Sugar* scraped thereon, and serve it always cold, for a closing dish.

36. *To make a fine Pudding in a Dish.*

Take a Penny *White-loaf*, and pare off all the crust, and slice it thin into a dish with a quart of *Cream*, and let it boyl over a *Chafing dish* of *Coals*, till the *bread* be alm st dry, then put in a piece of *sweet butter*, and take it off, and let it stand in the dish till it be cold, then take the yolks of 3 Eggs and the quantity of one with some *Rose water* and *Sugar*, and stirring them altogether, put it into another dish well butter'd, and bake it.

37. *To boyl Scollops.*

First boyl the *Scollops*, then take them out of the shells, and wash them, then slice them, and season them with *Nutmeg*, *Ginger*, and *Cinamon*, and put them into the bottom, of your Shells again, with a little Butter, White-wine, Vinegar, and grated Bread, let them be boyled on both sides; if they are sharp, they must have:

have *Sugar* added to them, for the fish is luscious, and sweet naturally; therefore you may boyl them with Oyster Liquor and Gravy, with dissolved Anchovies, minced Onions and Thyme, with the juice of Lemon in it.

38. *To boyl Wild Ducks.*

First half roast them, then take them off, and put them in a shallow broad pan that will contain them, with a pint of *Claret-wine*, and a pint of strong *broath*, a dozen of Onions cut in halves, a Faggot or two of sweet Herbs, with a little whole Pepper, and some slices of *Bacon*; cover your Pan, and let them stove up, add gravy to part of the Liquor, at least so much as will serve to dish them: Garnish them with *Bacon* and *Onions* if you please.

39. *To make a Venison-Pasty.*

When you have powdered your Haunch of Venison or the sides of it, by taking away all the Bones and Sinews, and the Skin or Fat, season it with Pepper and *Salt* only, beat it with your Rowling-Pin, and proportion it for the Pasty, by taking away from one part, and adding to another, your paste being made with a peck of fine Flower, and about 3 pound of Butter, and 12 Eggs, work it up with cold water into a stiff paste as you can, drive it forth for your pasty, let it be as thick as a Man's Thumb, roul it up upon a Rowling-pin, and put under it a couple of sheets of Cap-paper well flowered, then your white being already minced and beaten with Water, proportion it upon the Pasty to the breadth and length of the Venison, then lay your Venison in the said white, wash it round with your Feather, and put on a border, season your Venison on the top, and turn over your other leaf of paste, so close up your Pasty; then drive out another border for garnishing the sides up to the top of the Pasty, so close it together by the Rowling-Pin, by rowling it up and down by the sides and ends, and when you have flourish'd your garnishing, and edg'd your Pasty, vent it at the top, set it in the

Oven

Oven, and let it have 4 or 5 hours baking at the leaſt and then draw it.

40. *To make a Damſon-tart.*

Take *Damſons*, and ſeethe them in Wine, and ſtrain them with a little *Cream*, then boyl your ſtuff over the Fire till it be thick, and put thereto *Sugar*, *Cinamon* and *Ginger*, but ſet it not in the Oven after; but let your Paſte be baked before.

41. *To roaſt a Rabbet with Oyſters.*

Waſh your *Rabbet*, and dry it well, then take half a pint of Oyſters, waſh them, and wipe them clean one by one, and put them into the Rabbet's belly, a couple of Onions ſhred, whole Pepper, large Mace, 2 or 3 ſprigs of Thyme, ſow up the belly; and for the ſauce, as mutal, the Liver and Parſly; and a hard Egg, ſhred them together, and beat ſome butter thick; put into the Diſh, and ſerve it.

42. *To ſtew Collops of Beef.*

Take of the Buttock of beef thin ſlices, croſs the grain of the *Meat*; then hack them, and fry them in ſweet butter; and being fryed fine and brown, put them in a pipkin with ſome ſtrong broath, a little Claret-wine, and ſome Nutmeg; ſtew it very tender, and half an hour before you diſh it, put to it ſome *Gravy*, *Elder*, *Vinegar*, and a *Clove* or two; when you ſerve it, put ſome juice of *Orange*, and 3 or 4 ſlices on it, ſtew down the *Gravy* ſomewhat thick, and put into it when you diſh it beaten butter.

43. *To make a Beef-paſty like Red Deer.*

Take freſh beef of the fineſt, without ſinews or fnet, and mince it as ſmall as you can, and ſeaſon it with *Salt* and *Pepper*, and put in 2 ſpoonfuls of *Malmſey*, then take *Lard*, and cut it into ſmall pieces, and lay a layer of *Lard*, and a layer of *Beef*, and lay a ſhin of Beef upon it like Veniſon, and ſo cloſe it up.

44. *To bake a Hare.*

Take the beſt of the *Hare* minced and ſeaſoned with Pepper, *Salt*, and *Mace*, then make a proportion of the Head, or Shoulders, as you make for an *Hare*

pastly, and lay in a layer of Flesh, and a lay of *Lard*, and butter a loft and beneath, and make a *Gallentine* for it in a Saucer.

45. *To boyl a Salmon.*

Take as much water as will cover it, then take *Rosemary*, *Thyme* and *Winter Savory*, and *Salt*, boyl all these very well, and then put in some *Wine-Vinegar*, and when your *Salmon* is boyled, let him remain in the same Water always until you have occasion to eat of it.

46. *To make an Oyster-pye.*

First dry your Oysters, and then put them into your Coffin with some Butter, and whole large Mace, and so bake it; then take off the Lid, and fill it up with more butter, putting some of the Liquor of the Oysters also thereunto, then season it well with *Sugar*, and serve it hot to the Table at the first Course.

47. *To butter Eggs upon toasts.*

Take 20 Eggs, beat them in a dish with some *Salt*, and put butter to them, then have two large Rolls, or fine Manchets, cut them in Toasts, and toast them against the fire, with a pound of fine sweet butter, being finely butter'd in a fair clean Dish, put the Eggs on the Toasts, and garnish your Dish with Pepper and Salt, otherwise half boyl them in the Shells, then butter them, and serve them on Toasts, or Toasts about them.

48. *To make a Fricatie of Chickens.*

Scald 3 or 4 Chickens, and flea off the Skin and Feathers together, put them in a little water; take half a pint of White-wine, and 2 or 3 whole Onions, some large *Mace* and *Nutmeg*, tyed up in a cloath, a bundle of sweet Herbs, and a little *Salt*, and put them all in a Pipkin close covered; let them simper a quarter of an hour; then take 6 yolks of Eggs, half a pound of sweet butter, 4 Anchovies dissolved in a little Broath; shred your boyled spice small, take a quarter of a pound of Capers, and shred them very small

small, put the Anchovies dissolved into the Eggs and Butter, and Capers, and so stir it altogether, over a Chasing-dish of Coals, till it begin to thicken, then take the Chickens out of the Broth, and put lear upon them, serve them with Sippets, and Lemons sliced.

49. *To make an Eel-pye with Oysters.*

Wash your Eels and gut them, and dry them well in a Cloth; to 4 good Eels allow a pint of Oysters well washed, season them with Pepper, Salt and Nutmeg, and large Mace, put half a pound of Butter into the Pye, and half a Lemon sliced, so bake it; when it is drawn, take the Yolks of 2 Eggs, a couple of Anchovies dissolved in a little White-wine, with a quarter of a pound of fresh Butter, melt it, and mix it altogether, and make a lear of it, and put it into the Pye.

50. *To make a Puff-paste.*

Break 2 Eggs in 3 pints of Flower, make it with cold Water, then rowl it out pretty thick and square; then take so much butter as paste, and divide your butter in 3 pieces, that you may lay it on at 5 several times, spoil your paste very broad, and break 1 part of the same butter in little pieces all over your paste, then throw a handful of Flower slightly on, then fold up your paste and beat it with a Rowling-pin, so rowl it out again, thus do several times, and then make it up.

51. *To make Barley-broth.*

Put your barley into fair Water, give it 3 qualms over the Fire, separate the Waters and put it into a Cullender, and boyl it in a fourth Water with a blade of Mace and a Clove, and when it is boyled away, put in some Raisins and Currans, and when the Fruit is boyled enough take it off, and season it with White-wine, Rose-water, Butter and Sugar, and a couple of yolks of Eggs beaten with it.

52. *To bake a Pig.*

Take a good quantity of Clay, and having moulded it, stick your Pig and blood him well, and when he is warm, put him in your prepared Coffin of Clay thick every where, with his Hair, Skin, and all his Entrails

drawn, and belly sowed up again then throw him into the Oven, or below the Stock-hole under the Furnace, and there let him soak, turn him now and then when the *Clay* is hardened, for 12 hours, and he is sufficiently baked, then take him, and break off the *Clay*, which easily parts, and he will have a fine crispy *Coat*, and all the Juice of the Pig in your Dish, but remember to put a few leaves of *Sage*, and a little *Salt* in his belly, and you need no other *Sauce*.

53. *A Grand Sallet.*

Take a quarter of a pound of *Raisins* of the Sun, as many blanched *Almonds*, as many *Capers*, as many *Olives*, as much *Samphire*, as many pickled *Cucumbers*, a *Lemon sliced*, some pickled *French Beans*, a *Wax tree* set in the middle of the Dish, pasted to the Dish, lay all their quarters round the Dish, (you may also mince the flesh of a roasted Hen, with Sturgeon and Shrimps) and garnish the Dish with cut Beans and Turneps in several Figures.

54. *To make a Sallet of a cold Hen or Pullet.*

Take a Hen and roast it, let it be cold, Carve up the Legs, take the Flesh and mince it small, shred a Lemon, a little Parsley and Onions, an Apple, a little Pepper and Salt, with Oyl and Vinegar, garnish the Dish with the Bones and Lemon-peel, and so serve it.

55. *To boyl a Capon, Pullet, or Chicken.*

Boyl them in good *Mutton-broath*, with *Mace*, a *Faggot* of sweet Herbs, *Sage*, *Spinage*, *Marygold-leaves* and *flowers*, white or green *Endive*, *Burrage*, *Buglos*, *Parsley*, and *Sorrel*, and serve it on *Sippets*.

56. *To stew Ducks the* French *fashion.*

Take the Duck and half roast it, put half a score of Onions in the Belly whole, some whole Pepper, a bundle of Thyme, and a little Salt, when it is half roasted, take it up and slash it into pieces, put it between two Dishes, and pierce the Gravy, mix some Claret-wine with that Gravy, and a little sliced Nutmeg, a couple of Anchovies, wash them and slit them, slice the Onion in the Ducks belly, cover the Dishes close, so let them

them ſtew while enough, take ſome butter, beat it thick, and ſhred a Lemon in it, and ſerve it: Garniſh your diſh with the Lemon-peel, and your Onions.

57. *To make a Florentine.*

Take the Kidney of a Loin of *Veal*, or the wing of a *Capon*, or the leg of a *Rabbit*; mince any of theſe ſmall with the Kidney of a Loin of Mutton, if it be not fat enough, then ſeaſon it with Cloves, Mace, Nutmeg, and Sugar, Cream, Currans, Eggs, and Roſe-water; mingle theſe four together, and put them into a Diſh between two ſheets of Paſte, then cloſe it, and cut the paſte round by the brim of the Diſh; then cut it round about like Virginal keys, and let the other lye, prick it, bake it, ſcrape on Sugar, and ſerve it.

58. *To make Curd-Cake.*

Take a pint of Curds, 4 Eggs, take out 2 of the whites, put in ſome Sugar, a little Nutmeg, and a little Flower; and drop them in, and fry them with a little butter.

59. *To roaſt a Leg of Mutton the* French *way.*

Take half a pound of Mutton, and a quarter of a pound of Suet, ſeaſon it with ſweet Herbs, and a little Nutmeg, and 2 or 3 ſhallots; ſlice theſe very ſmall, and ſtuff the Mutton round, then take ſome of the beſt *Hackney* Turneps, and boyl them in beef-broth very tender, then ſqueeze the Water from them a little, ſet them in a diſh under the leg of Mutton, when it is half roaſted, and ſo let the Gravy drop into them, and when the *Meat* is roaſted ſerve them in the diſh with it, with a little freſh Butter and Vinegar,: Garniſh your Diſh with ſliced Onions, and Parſley, and ſome of the Turnips ſlic'd.

60. *To ſtew a Carp.*

Take a living *Carp*, and knock him on the head, open him in the belly, take heed you break not the Gill, pour in a little *Vinegar*, and waſh out all the blood, ſtir it about with your Hand, and keep the blood ſafe; then put as much White-wine into a

Pan or Skillet, as will almost cover, and set it on the Fire; put to it an Onion cut in the Middle, a Clove, or less of Garlick, a Race of Ginger shred, a Nutmeg quartered, a Faggot or bundle of sweet Herbs, and 3 or 4 Anchovies; your Carp being cut out, and rubbed all over with Salt, when the Wine (into which you may put a little Water) doth boyl, put the Carp in, and cover him close, and let him stew up about a quarter of an hour, then put in the Blood and Vinegar, with a little Butter, so dish up the Carp, and let the Spawn Milt, and Revet be laid upon it, the Liquor that boyled him with the Butter, is the best Sauce, and is to be eaten, as broth: Garnish the dish with Lemons and grated bread.

61. To make Marrow-Puddings.

Take a pound of the best *Jordan-Almonds*, *Blanch* them, beat them fine in a Stone or Wooden *Mortar* [not in *Brass*] with a little *Rose-water*, take a pound of fine ponder *Sugar*, a *Penny-loaf* Grated, *Nutmeg* Grated, a pint of *Cream*, the Marrow of 2 Marrow-bones, 2 Grains of *Amber-greese*, Mingle them all together with a little *Salt*, fill the *Skins*, and boyl them gently as before.

62. To make a Sack-Posset.

Set a Gallon of *Milk* on the Fire, with whole *Cinamon* and large *Mace*, when it boyls stir in a half, or whole pound of *Naples-bisket*, Grated very small, keeping it stirring till it boyls, then beat 8 *Eggs* together, casting of the Whites away; beat them with a Ladleful of *Milk*, then take the *Milk* off the Fire, and stir in the *Eggs*; then put it on again, but keep it stirring for fear of *Curdling*; then make ready a pint of *Sack*, warming it upon the *Coals*, with a little *Rose-water*, season your *Milk* with *Sugar*, and pour it into the *Sack*, in a large *Basin*, and stir it apace, then throw on a good deal of beaten *Cinamon*, and so serve it up.

63. To Hash a Rabbit.

When your *Rabbit* is Wash'd, you must take the Flesh from the Bones, and Mince it Small, then put to it a little strong Broth, and *Vinegar*, an *Onion* or 2, with

a Grated *Nutmeg*, and let it Stew up together, then Mince a Handful of boyled *Parsley* Green, with a *Lemon* cut like *Dice*, and a few *Barberries*, put it into the *Hash* and Toast it altogether, and when it is enough, put a Ladle full of sweet *Butter* to it, and Dish it upon the *Chines*, and *Garnish* it with *Lemons*.

64. *To make a Fresh Cheese.*

Take some New *Milk*, or *Cream*, and a Race of *Cinnamon*, Scald it, then take it off the Fire, sweeten it with fine *Sugar*, then take a Spoonful of *Runnet* to 2 quarts of *Milk*, let it by, and keep it close covered, and so let it stand, when the *Cheese* comes, strew a little fine *Sugar*, and Grated *Nutmeg*, and serve it in with Sippets, Sops in *Sack* or *Muscadine*.

65. To *make an Artichoak Pye.*

Take the bottoms of 6 *Artichoaks* Boyled very Tender, put them in a Dish, and some *Vinegar* over them, season them with *Ginger* and *Sugar*, a little *Mace* whole, and put them in a Coffin of *Paste*, when you lay them in, lay some Matrow and Dates sliced, and a few *Raisins* of the *Sun* in the bottom, with a good store of *Butter*, when it is half baked, take a Gill of *Sack*, being boyled first with *Sugar*, and a Peel of Orange. Put it into the *Pye*, and set it into the Oven again, till you use it.

66. To *make Marrow-Pasties.*

Shred the *Marrow* and *Apples* together, and put a little *Sugar* to them, put them into *Puff-paste*, and Fry them in a pan with fresh *Butter*, and serve them up to the Table, with a little White *Sugar*, strewed on it:

67. To *make Green Sauce.*

Take a good Handful of *sorrel*, beat it in a *Mortar*, with *Pippins* pared and quartered, with a little *Vinegar* and *sugar*; put it into Saucers.

Or take *sorrel*, beat it and stamp it well in a *Morter*, squeeze out the juice of it, and put thereto a little *Vinegar*, *sugar*, and 2 hard *Eggs* Minced small, a little *Nutmeg* Grated, and *Butter*, set this upon the *Coals* till it is hot, and pour it into the dish on the Sippets: This is Sauce for *Hen*, *Veal*, and *Bacon*.

68. To *Pickle oysters.*

Take a quart of the largest Oysters, with the Liquor, wash them clean, and wipe them, add to them a pint of Fair-water, and half a pint of *White-wine-Vinegar*, half an Ounce of whole *Pepper*, an handful of *salt*, a quarter of an Ounce of large *Mace*, with the Liquor of the Oysters Strained; put all together in a Pipkin over a soft Fire, let them Simper together a quarter of an hour; when the Oysters are enough, then you may safely take them up, and also put them into a little Fair-water and *Vinegar*, till they be cold, the Pickle boyling a quarter of an hour, after the Oysters are taken up; both being cold, put them up together. When you use them, Garnish the Dish with *Barberries* and *Lemons*, and a little *Mace* and *Pepper*, and pour in some of the Pickle.

69. To *make* Scotch *Collops of Veal.*

Cut ont your *Fillet* into very broad slices, Fat and Lean, not too Thick: Take 8 *Eggs*, beat them very well with a little *salt*, grate a whole *Nutmeg*, take a handful of Thyme, and Strip it, then take a pound of Sausages, half a pint of stewing Oysters of the largest, wash and cleanse them from the Gravel, then half Fry your Veal with sweet Butter, then put in your Sausages and Oysters, then take a quarter of a pound of Capers, shred them very small, with 3 Anchovies dissolved in White-wine and Fair-water, so put in your *Eggs*, shred Capers and Anchovies, Butter and Spice, and mingle them, and strew them in the Pan, upon the Veal and Oysters, serve it with Sippets, with a little Butter and Vinegar, with Lemons sliced, and Barberries, with a little Salt. You must have a care to keep the Meat stirring, lest the Eggs Curdle with the heat of the Fire.

70. To *make a Rare White-pot.*

Take 3 Pints of *Cream*, whole *Cinamon*, a little sliced *Nutmeg*, set on the *Cream*, and *Spice*, and Scald it, take a *Penny loaf*, and slice it very thin, take a Couple of *Marrow-Bones*, lay the *Marrow* sliced, on the bottom of the Dish, upon the *Marrow* lay the *Bread*, then lay *Reasons* of the *Sun* over the *Bread*, and lay *Marrow* again as before:

fore: To the 3 Pints of Scalded *Cream*, add 9 Yolks of *Eggs*, well beaten with *Rose-water*, sweeten the *Cream* with White *Sugar*, and take out the whole *Cinamon*, and beat the *Cream* and *Eggs* well, fill up a broad and Shallow Bason, and bake it, when it is enough scrape fine *sugar* on it, and stick it with Red and White *Muscadels*, and so serve it.

71. To *make a very fine Custard.*

Take a quart of *Cream*, and boyl it with whole *spice*, then beat the *Yolks* of 10 *Eggs*, and 5 Whites, Mingle them with a little Cream, and when your Cream is almost cold, put your Eggs into it, and stir them very well, then sweeten it, and put out your Custard into a deep Dith, and bake it, then serve it with *French* Comfits strewed on it.

72. To *make Minc'd Pyes of an Eele.*

Take a fresh Eel, flea it, and cut of the Fish from the Bones, Mince it small, then Pare 2 or 3 Wardens, or Pears, Mince of them as much as of the Eel, Temper them together, and season them with Ginger, Pepper, Cloves, Mace, Salt, a little Sanders, some Currans, Raisins, Pruans, Dates, Verjuice, Butter and Rose-water.

73. To *Bake Rabbits, to be eaten Cold.*

When your Rabits are Parboyled, take out all the bones you can well take out, and Lard them, then season them with Pepper. Salt, Cloves, Mace, and Nutmegs; with a good quantity of Savoury, and forc'd Meat; then put them in to your prepared Coffin, put in Butter, and close your Pye, bake it, and when it is Cold fill it with Clarifi'd Butter.

74. To *Bake a Joll of Ling in a Pye.*

Let your Ling be almost boyled, and then Season it with Pepper only (the Skin being first taken off) strew the bottom of your prepared Coffin with an Onion or 2 Minced small; close your Pye, and bake it; then take the Yolks and Whites of about a dozen Eggs not boyled altogether hard, Mince them small with your Knife, and put them into drawn butter, Toss them toge-

together, then draw your Pye, and pour in this Lear of Eggs all over, and shake it together, so put on your Lid, and Dish your Pye.

75. To *Bake a Turkey.*

Boyl and Lard your Turkey, when it is parpoyl'd season it with Pepper, Salt, and a little Cloves and Mace, then put him into your prepared Coffin, lay on butter and close it: put the Head on the Top, with your Garnish, then bake it, and fill it with Clarified butter, when it is cold.

76. To *Roast Calves Feet.*

First boyl them tender, and blanch them, and being cold, Lard them thick with small Lard, then Spit them on a Spit, and Roast them; serve them with Sauce made of Vinegar, Cinamon, Sugar, and butter.

77. To *Bake a Goose.*

Break the bones of your *Goose*, and Parboyl him then Season him with *Pepper* and *Salt*, and a little *Cloves* and *Mace*, if you please, you may bake a Ribit or 2 with it, because your Stubble Geese are very Fat, and your *Rabits* dry, you need not Lard either, bake thin good hot *Butter-Paste.*

78. *To make Apple-pyes to Fry.*

Take about 12 *Pippins*, pare them, cut them, and almost cover them with Water, and almost a pound of *Sugar*, let them boyl on a gentle Fire close Covered, with a stick of *Cinamon*, Minced *Orange-Peel*, a little *Dill-seed* beaten, and *Rose-water*, when this is cold and stiff, make them into little *Pasties*, with Rich *Paste*, and so fry them.

79. *To make a Rare Dutch Pudding.*

Take a pound and a half of fresh *Beef*, all Lean, with a pound and a quarter of *Beef-suet*, both sliced very small, take then a Stale half-penny-loaf, and Grate it, a handful of *Sage*, a little *Winter-savoury*, and a little *Thyme*, shred all these very small, take 4 *Eggs*, half a pint of *Cream*, a few *Cloves*, *Nutmeg*, *Mace*, and *Pepper* finely beaten; Mingle them altogether very well, with little *Salt*, Roul it all up together, in a Green *Colwort-*

leaf

leaf, and then tye it up hard in a Linnen-cloath. Garnish your Dish with Grated *Bread*, and serve it up with Mustard in Saucers.

80. *To make Sausages.*

Take Pork, more lean than fat, mince it exceeding small together, then take part of the Fleak of Pork, which is the Suet, in pieces, about the bigness of the top of your Finger, season each apart with Sage minced, good store of Pepper and Salt, with some Cloves and Mace mixt in the seasoning each of them, then take small Sheep-guts and cleanse them, (some use Capon's-guts) and fill them with your Funnel, always putting some of the Fleak between the minced, if you have it ready, you may sprinkle a little Sack on the top of the Sausage-meat, and it will make it fill the better.

81. *To stew Beef in Gobbets, the* French *Fashion.*

Take a flank of Beef, or any part but the Leg, cut it into slices or Gobbets, as big as Pullets Eggs, with some Gobbets of fat, and boyl it in a Pot or Pipkin, with some fair Spring-water, scum it clean, and after it hath boyled an hour put to it Carrots, Parsnips, Turnips, great Onions, some Salt, Cloves, Mace and whole Pepper; cover it close, and stew it till it be very tender; and half an hour before it's ready, put into it some Thyme, Parsley, Winter-savoury, sweet Marjoram, Sorrel, and Spinage, (being a little bruised with the back of a Ladle, with some Claret-Wine; then dish it on fine Sippets, and serve it to the Table hot: Garnish it with Grapes, Barberries or Gooseberries; or else use Spices, the bottoms of boyled Artichoaks put into beaten Butter, and grated Nutmeg, garnished with Barberries.

82. *To boyl a Capon or Chicken with Sugar-pease.*

When the Cods be but young string them, and pick off the Husks, then take 2 or 3 handfuls and put them into a Pipkin, with half a pound of sweet Butter, a quarter of a pint of fair Water, gross Pepper, Salt, Mace, and some Sallet-Oyl; stew them till they be very tender, and strain to them 3 or 4 yolks of Eggs, with 6 spoonfuls of Sack.

83. *To boyl Perches.*

Let your Liquor boyl, and your Pan be seasoned with a little White-wine, Gravy and Vinegar, with a grated Nutmeg, and almost boyl it over a Chafing dish, then pour sweet Butter over it: Garnish it with Barberries and sliced Lemons.

84. *To boyl Eels.*

Cut the Eels and stew them; when they are half done, beat a little Ale with Vinegar and put to the Liquor with some Parsley and sweet Herbs; Dish them and serve them up in their Broth, with a little Salt.

85. *A Turkish Dish of Meat.*

Take an inter-larded piece of Beef, cut it into thin slices, and put it into a Pot with a close cover, or stewing-pan; then put into it a good quantity of clean pick'd Rice, skin it well, put into it a quantity of whole Pepper, 2 or 3 whole Onions, and let it boyl very well, take out the Onions, and dish it on Sippets; the thicker it is the better.

86. *To boyl a Chine of Beef pondered.*

Take either a Chine, Rump, Surloin, Brisket, Rib, Flank, Buttock, or Fillet of Beef, and give them in Summer a weeks pondering, in Winter a Fortnight, you may stuff them, or let them be plain; if you stuff them, do it with all manner of sweet Herbs, with fat Beef minced, and some Nutmeg; serve them on brewis, with Roots, or Cabbage boyled in Milk, with beaten Butter.

87. *To make a Hash of a Capon or Pullet.*

Take a *Capon*, or *Partridge*, or *Hen*, and roast them, and being cold, mince the *Brains* and *Wings* very fine, and tear the Legs and Rumps, whole to be *Carbonaded*; then put some strong *Mutton-broath*, or good *Gravy*, *grated Nutmeg*, a great *Onion* and *Salt*, then stew them in a large Earthen Pipkin, or Sauce Pan. stew the Rumps and Legs in the same strong *Broath* in another Pipkin; then take some light *French bread* chipt, and cover the bottom of the Dish. steep the *Bread* in the same *Broath*, or good Mutton *Gravy*, then pour the

Hash on the steeped *Bread*, lay the Legs and the Rump on the Hash with some fryed Oysters, sliced Lemon and Lemon-peel, the juice of an *Orange*, and yolks of Eggs strained, and beaten Butter, Garnish the Dish, with *Carved Oranges*, *Lemons*, &c. Thus you may Hash any kind of Fowl.

88. *To dress a Cods Head.*

Cut off the *Cods-head* beyond the Gills, that you may have part of the Body with it, boyl it in *Water* and *Salt*, to which you may add half a pint of *Vinegar*, the Head must be little more than covered; before you put it into the *Cauldron*, take a quart of the biggest cleanest Oysters, and a bunch of sweet Herbs and Onions, and put them into the mouth of the Head, and with a Packthread bind the Jaws fast, you must be sure to pick and wash it very clean: When it is boyled enough, take it up and set it a drying over a *Chafing-dish* of *Coals*, then take the Oyster Liquor, four Anchovies, and a sliced Onion, put to them a quarter of a pint of White-wine and sweet butter, and melt them together, and pour it on the *Cods-head*; stick all, or most of the Oysters upon the *Head*, or where they will enter, and Garnish it over with them; Grate on a little Nutmeg, and set it smoaking up; Garnish the brim of the Dish with Lemon, and sliced *Bay leaves*.

89. *To boyl Widgeons or Teal.*

Parboyl your *Widgeons* or *Teal*, and then stick whole Cloves in their *Breasts*, put into their bellies a little *Winter-savory* or *Parsley*; boyl them in a Pipkin by themselves, thicken it with *Toasts*, season it with *Verjuice*, *Sugar*, and a little *Pepper*; Garnish your dish with *Barberries* and *Prunes*, and so serve them.

90. *To make a Veal Pye.*

When your Paste is raised; then cut your Leg of Veal into pieces, and season it with Pepper, Nutmeg, and Salt, with some whole large Mace, and so lay it in your prepared Coffin, with good store of *Raisins* of the Sun, and *Currans*, and fill it up with sweet Butter, then

hen close it, and set it in the Oven, and when bak'd, erve it hot.

91. To make a fry'd Pudding.

Take *grated Bread*, *Currans*, *Cloves* and *Mace*, with Beef Suet and *Sugar*, and one yolk of an Egg beaten, ix all well together, and make them into flat bowls, hen fry them in Beef-Suet, and Garnish your Dish ith *Sugar*, serve them always at the first Course.

92. To bake a Breast of Veal.

First parboyl it, and take out the long Bones, and o lay it in a Dish, in Vinegar two or three hours, hen take it out, and season it with Pepper and Salt, nd so lay it into a thin fine Paste, with good store of ne sweet Herbs, finely chopt, and good store of Butter or Marrow, then bake it, then put in some juice of *anges*, and serve it hot.

93. To make Paste for all manner of tarts.

Take very sweet Butter, and put into fair water nd make it boyl on the Fire; then take the finest lower you can get, and mix them well together, till come to a paste, and so raise it; but if you doubt hat it will not be stiff enough, then you may mix me Yolks of Eggs with it, as you temper all your uff together.

94. To make a baked Pudding.

Grate a *penny-loaf*, and put thereto more Suet than read minc'd small, with some Nutmeg and *Sugar*, nd two yolks of Eggs, tempering it only with *Rose-ater*; then butter a little Pewter Dish in the bottom, nd put your stuff after it is well tempered therein, en bake it, when 'tis baked, stir it up from the bot-m of the Dish, and so turn the underside upper-oft, then strew some Sugar upon the brims of the sh, and serve it first to the Table.

95. To boyl Sparrows, Larks or other small Birds.

Take a Ladle full of strong *Mutton-broath*, a little ole *Mace*, and a handful of *Parsley*, put in a little *ter-savory*, season it with *Verjuice*, *Sugar*, and a lit-Pepper, thicken it with a spoonful of Cream, and

96. To boyl a Capon with Asparagus.

Boyl your Capon or Chicken in fair water, and some *Salt*, then put in their bellies a little *Mace*, choppe *Parsley*, and sweet *Butter*; being boyled, serve them o Sippets, and put a little of the *Broath* on them; The have a bundle or 2 of *Asparagus* boyled, put in beate butter, and serve it on your *Capon* or *Chicken*.

97. To boyl a Chicken or Capon in white Broath.

First boyl the *Capon* in *Water* and *Salt*, then 3 pint o strong *Broath*, and a quart of White-wine, and stew i in a Pipkin with a quarter of a pound of *Dates*, hal a pound of fine *Sugar*, four or five blades of large *Mac* the *Marrow* of 3 *Marrow bones*, a handful of white En dive, stew these in a Pipkin very leasurely, that it bu only simper, then being finely stewed, and the broath well tasted, strain the yolks of ten Eggs, with some o the broath; before you dish up the Capons or Chic kens, put the Eggs into the broath, and keep it stirring that it may not Curdle, give it a Walm and set it from the fire: the Fowls being dish'd up put on the Broath and Garnish the Meat with *Dates*, *Marrow*, large *Mac Endive*, preserv'd *barberries*, *Oranges*, boyled *Skirret Pomegranates*, and *Kernels*. Make a Lear of *Almon paste* and *Grape Verjuice*.

98. To boyl a Capon with Sage and Parsley.

First boyl it in Water and Salt, then boyl some *Par sley*, *Sage*, 2 or 3 Eggs hard and chop them; then ha a few thin slice of Manchet, and stew altogether b break not the slices of *bread*; stew them with som of the broath wherein the *Capon* boyls, some lar *Mace*, Butter, a little White-wine, or Vinegar, wi a few Barberries, or Grapes; Dish up the Chickens the Sauce, and run them over with sweet butter, a *Lemon*, cut like Dice, the Peel being cut like sma *Lard*, and boyl a little peel with the Chickens.

99. To fry Rabbits with sweet Sauce.

Cut your *Rabbit* in pieces, wash it, and dry it we in a Cloath, take some fresh butter, and fry the *Ra bit* in it, when your *Rabbit* is little more than half fry

ed, take a little *Vinegar*, fresh *butter* and *sugar*; melt it together, and so serve it with Sippets, the Dish Garnished with Flowers, &c.

100. *To make* French *Pottage called Skink.*

Take a Leg of Beef, and chop it into 3 pieces, then boyl it in a pot with 3 pottles of Spring Water, a few *Cloves*, *Mace*, and whole *Pepper*: after the Pot is scummed put in a bundle of *Sweet-Marjoram*, *Rosemary*, *thyme*, *Winter savory*, *Sage*, and *Parsley*, bound up hard, some *Salt*, and 2 or 3 great Onions whole, then about an hour before Dinner put in 3 *Marrow-bones*, and thicken it with some strained *Oat-meal*, or *Manchet* sliced and steeped with some *Gravy*, strong *broath*, or some of the *Pottage*; then a little before you dish up the *Skink*, put into it a little fine powder of *saffron*, and give it a walm or 2; Dish it on large slices of *French bread*, and dish the *Marrow-bones* on them in a fine large Dish, then have 2 or 3 *Manchets* cut into *toasts*, and being finely *toasted*, lay on the Knuckle of Beef in the middle of the Dish, the *Marrow-bones* round about it, and the Toasts round about the Dish brim; serve it hot.

101. *To make Gooseberry Cream.*

First boyl, or you may preserve your *Gooseberries*; then having a clear Cream boyled up, and seasoned with old *Cinamon*, *Nutmeg*, *Mace*, *Sugar*, *Rose-water*, and *Eggs*, dish it up, and when it is cold, take up the *Gooseberries* with a pin, and stick them on in rounds as thick as they can lye upon the said *Cream*; Garnishing your Dish, with them, and strew them over with the finest *Sugar*, and serve them up.

102. *To make a Quaking Pudding.*

Take a quart of sweet Cream, and near half a pound of Almonds blanched, and finely beaten, then strain them, and boyl it with large Mace, and season it with *Rose-water* and *sugar*, then take 10 Eggs, and 5 of their whites well beaten with small Cinnamon, and 2 or 3 spoonfuls of flower, mix all well together, and make it of the thickness of Butter, then wet a Cloath and rub

it with Flower, tying your Pudding round therein, and boyl it in Beef-broath 2 hours; take it up and put a little White-wine, Sugar, and sliced Nutmeg into a Pewter-dish, and put your Pudding into it; then scrape some Sugar on the brims, and serve it.

103. *To make clouted Cream.*

Take New Milk and set it on the fire from Morning till Evening, but let it not boyl; And this is called my Lady *Youngs* Clouted Cream.

104. *To sauce a young Pig.*

Scald a young Pig, boyl it in fair water and White-wine, put thereto some *bay leaves*, whole Ginger and Nutmegs quartered, and a few whole Cloves, boyl it throughly, and let it lye in the same Broath in an Earthen-pot.

105. *To make* Polonian *sausages.*

Take the Fillets of a Hog, chop them very small with a handful of Red Sage, season it hot with Ginger Pepper; then put it into a great Sheeps Gut, let it lye 3 nights in Brine, then boyl it, and hang it up in a Chimney where Fire is usually kept. These Sausages will keep a whole year, and are good for Sallets, or to garnish boyl'd Meat, or to relish a Glass of Wine.

106. *To keep salmon fresh a whole Month.*

First boyl your *salmon* as usually, then put it into an Earthen-pot, and cover it in good White-wine Vinegar, putting thereto a branch of Rosemary, and keep it very close covered, and so you may keep it, that it will retain its perfect taste and delicacy for one Month or more.

107. *To make tender and delicate Brawn.*

Put a Coller of Brawn in a Kettle of Water, and set it into an Oven, as for Houshold-bread, cover it close, and let it stand as long as you would do bread, and it will be very excellent Brawn.

108. *To keep powdered beef after it is boyled, sweet 5 or 6 Weeks.*

When your Beef hath been powdered about a fortnight, then boyl it well, and dry it with a Cloath, and wrap it in dry Cloaths, and put it into some pot or Vessel, and keep it close from the Air, and it will keep sound 2 or 3 Months.

109. *To dress Neats-tongues and Udders.*

When they are boyled enough in Beef-broath, and scumm'd, you must have Turnips ready boyled, cut in pieces, and soak'd in butter, or else Colliflowers and Carrots, or all of them; then put the Turnips all over the bottom of a large Dish, then slice out the Tongues, and lay the sides one against another, slice the Udders, and lay them between, opposite to one another; Garnish the Colliflowers all over them, and the Carrots up and down between the Colliflowers, and Barberries and Parsley on the brim of the dish.

110. *To make Pannado.*

Take a quart of Running-water, and put it on the fire in a Skillet, then cut a little Roul of bread in slices, about the bigness of a Groat, and as thin as Wafers, lay it on a dish on a few Coals, then put it into the Water, with 2 handfuls of Currans pick'd and wash'd, a little large Mace, when it is enough season it with Sugar and Rose-water.

111. *To make Liver Puddings.*

Take the Guts of a young Hog, wash them very clean, and lay them 2 or 3 days in water, take the Liver of the same Hog and boyl it till it will grate; then grate it very small and fine, take to the weight of the Liver almost the weight of Beef-suit, season it with Salt, Cloves, Mace and Nutmeg finely beaten, a Penny loaf grated, a pound of the best White Sugar, 2 pound of Currans, a pint of good Cream, a quarter of a pint of Rose-water, 3 Eggs, mix all together to such a thickness, that you may fill the Guts, then prick them, and put them into boyling water, and keep an even fire for half a quarter of an hour; then take

them up, and lay them upon ſtraw, you muſt have a care not to tye them too hard nor too ſlack, leſt they break in boyling.

112. *To make a rare Citron-Pudding.*

Take a Penny loaf and grate it, a pint and half of Cream, half a dozen of Eggs, one Nutmeg ſliced, a little Salt, an ounce of Candied Citron ſliced ſmall, a little Candied Orange-peel ſliced, 3 ounces of Sugar, put theſe into a Wooden diſh well ſlowered, and cover it with a Cleath, and when the water boyleth, put it in, boyl it well, and ſerve it up with Roſe-water and Sugar, and ſtick it with Wafers or blanched Almonds.

113. *To bake a Gammon of Bacon.*

Water it freſh enough, and ſeethe it as tender as you may to handle it, and then pull off the skin and ſtuff it with *Parſley*, *Penny royal*, *Thyme*, *Marjoram*, *Marigolds*, *Camomile* and *Sugar*, chop them ſmall, and ſeaſon them with *Salt* and *Pepper*, *Cloves* ſmall *Raiſins*, yolks of *Eggs* hard roaſted, then ſtuff your *Bacon*, and cut off the lean of the *Bacon*, and mince it ſmall, and take a handful of your Stuffing, and mingle it with 3 or 4 yolks of raw *Eggs*, and then put it upon the *Gammon*, then cloſe on the skin again, and cloſe it in paſte.

114. *To boyl Woodcocks or Snites.*

Boyl them either in ſtrong *Broth*, or in *Water* and *Salt*, and being boyled, take out the Guts, and chop them ſmall with the Liver, put to it ſome Crumbs of grated *White bread*, a little *Cock broth*, and ſome large *Mace*, ſtew them together with ſome Gravy, then diſſolve the yolks of 2 *Eggs* in ſome *Wine Vinegar*, and a little grated *Nutmeg*, and when you are ready to diſh it, put in the *Eggs*, and ſtir it among the Sauce with a little *Butter*, diſh them on *Sippets*, and run the Sauce over them with ſome beaten *Butter* and *Capers*, a *Lemon* minced ſmall, *Barberries* or whole pickled *Grapes*.

115. *To make a made Diſh of Apples.*

Put on your Skillet of *Water*, with ſome *Currans*, a boyling, then pare about a dozen of *Pippins*, and cut them

them from the Core into the said *Water*, when they are boyled tender pour them into a *Cullander*, when the *Water* is drained from them, put them into a Dish, and season them (but stay till they are cold, least it melt your *Sugar*) with *Sugar*, *Rose-water*, *Cinamon*, and *Carraway-seeds*, then roul out 2 sheets of paste, put one into the Dish, bottom, and all over the brims, then lay the *Apples* in the bottom round and high, wet it round and cover it with the other Sheet, close it, and carve it about the brims of the Dish as you please, prick it, and bake it, scrape *Sugar* upon it, and serve it up.

116. *To make a Fool.*

Set 2 quarts of *Cream* over the Fire, let it boyl, then take the yolks of 12 *Eggs*, and beat them very well, with 3 or 4 spoonfuls of cold *Cream*, and then strain the *Eggs* in the Skillet of hot *Cream*, stirring it all the time to keep it from burning, then set it on the Fire, and let it boyl a little while, but keep it still stirring for fear of burning, then take it off, and let it stand and cool, then take 2 or 3 Spoonfuls of Sack, and put it in the Dish with 4 or 5 Sippets, set the Sippets a drying and when they are dry that they hang to the Dish, sweeten the *Cream*, and pour it into the Dish softly, because the Sippets shall not rise up; this will make 3 Dishes: When it is cold it is fit to be eaten.

117. *To boyl Flounders or Jacks the best way.*

Take a pint of *White-wine*, the tops of young *Thyme* and *Rosemary*, a little whole *Mace*, a little whole *Pepper*, seasoned with *Verjuice*, *Salt* and a piece of sweet *Butter*, and so serve it; you may do Fish in the same Liquor 3 or 4 times.

118. *To boyl a Haunch of Venison.*

First stuff your *Venison* with a handful of sweet Herbs, and *Parsley* minced with a little *Beef-suet*, and yolks of *Eggs* boyled hard; season your Stuffing with *Pepper*, *Nutmeg*, *Ginger*, and *Salt*; put your Haunch of *Venison* a boyling, being powdered before; then boyl up 3 or 4 *Colliflowers* in strong Broth, and a little *Milk*; when they are boyled, put them forth into a Pipkin,

add to them drawn *Butter*; and keep them warm by the Fire, then boyl up 2 or 3 handfuls of *Spinage* in the ſame Liquor, when it is boyl'd up, pour out part of the broth and put in a little *Vinegar*, and a Ladleful of ſweet *Butter*, and a grated *Nutmeg*, your Diſh being ready with Sippets in the bottom, put on your *Spinage* round toward your Diſh ſide; then take up the *Veniſon*, being boyled, and put it into the middle of your Diſh, put in your Colliflowers all over it; pour on your ſweet *butter* over your Colliflowers, and garniſh it with Barberries, and the brims of the Diſh with green *Parſley* minced; Cabbage is as good, done in the ſame manner as Colliflowers.

119. *To make an Eel-pye.*

Waſh, Flea, and cut your *Eels* in pieces, put to them a handful of ſweet Herbs, *Parſley* minced with an *Onion*, ſeaſon them with *Pepper*, *Salt*, *Cloves*, *Mace* and *Nutmeg*, and having your Coffin made of good Paſte, put them in, and ſtrew over them 2 handfuls of *Currans*, and a *Lemon* cut in ſlices, then put on Butter and cloſe the Pye, when it is baked, put in at the Funnel a little ſweet Butter, *White-wine* and *Vinegar*, beaten up with a couple of Yolks of *Eggs*.

120. *To bake Steaks the* French *way.*

Seaſon the *Steaks* with *Pepper*, *Nutmeg* and *Salt* lightly, and ſet them by; then take a piece of the leaneſt of the Leg of *Mutton*, and mince it ſmall with ſome Beef-ſuet, and a few ſweet Herbs, as tops of Thyme, Penny-royal, grated Bread, yolks of Eggs, ſweet Cream, Raiſins of the Sun, &c. Work all theſe together, and work it into little balls or puddings, put them in a deep round Pye on the Steaks; then put to them ſome Butter, and ſprinkle it with Verjuice, cloſe it up and bake it, when it is enough cut it up, and liquor it with the juice of 2 or 3 Oranges and Lemons.

121. *To make a Warden or Pear-pye.*

Bake your Wardens or Pears in an Oven with a little Water, and a good quantity of Sugar, let your Pot be

be covered with a piece of Dough; let them not be fully baked by a quarter of an hour; when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor in the Pot, so bake it.

122. *To stew a Trout.*

Take a large Trout fair trim'd and wash'd it, put it into a deep Peuter Dish; then take half a pint of sweet Wine, with a lump of Butter, and a little whole Mace, Parsley, Savory and Thyme; mince them all small, and put them into the belly of the Trout, and so let it stew a quarter of an hour, then mince the yolk of an hard Egg, and stew it on the Trout, lay the Herbs about it, scrape on Sugar and serve it up.

123. *To make Sauce for Pidgeons.*

Melt some Vinegar and butter together, and roast some Parsley in the belly of the Fowl; or else Vine-leaves, and mix it well together, and pour it on.

124. *A general Sauce for Wild-fowl.*

The most general Sauce for Wild-fowl roasted; as Ducks, Mallard, Widgeons, Teal, Snipe, Sheldrake, Plovers, Puets, and the like, is only Mustard and Vinegar, or Mustard and Verjuice mixed together, or else an Onion, Water and Pepper.

125. *To Roast a Cows Udder.*

Boyl your Udder very well, then stick it thick all over with Cloves, and when it is cold spit it and lay it to the Fire, and baste it very well with sweet Butter, and when it is sufficiently roasted and brown, draw it from the Fire, and put some Vinegar and Butter on a Chafing-dish of Coals, and crumb in some White-bread, and boyl it till it be thick, then put to it good store of Sugar and Cinamon, and putting it into a clean dish, lay the Cows Udder therein, and trim the sides of the Dish with Sugar and so serve it.

126. *To make a Spinage-tart.*

Take of good Spinage, and boyl it in White-wine till it be very soft as Pap; then take it and strain it all in a Pewter Dish, not leaving any unstrained; put to

Rose-water, good store of Sugar, and Cinamon, and boyl it till it be as thick as Marmalade, then let it cool, and afterwards fill your Coffin and adorn it, and serve it, it will be of a green Colour.

127. *To make a Tart of Rice.*

Pick your Rice very clean, and boyl it in sweet Cream till it be very soft, then let it stand and cool; put to it good store of Cinamon and Sugar, and the yolks of a couple of Eggs, and some Currans; stir and beat all well together: Then having made a Coffin as for other Tarts, put your Rice therein, and spread it all over the Coffin, and break many small bits of sweet Butter upon it all over, and scrape some Sugar over it, then cover the Tart and bake it, and serve it as other Tarts.

128. To *make a Codling-tart.*

Take Green *Apples* from the Tree, and Coddle them in scalding Water, without breaking, then Peel the skin from them, and so divide them into halves, and cut out the Cores, and so lay them into the Coffin, and do as in a *Pippin-tart*, and before you cover it, when the *Sugar* is cast in, sprinkle a good store of *Rose-water* on it, then close it, and do as in the *Pippin-tarts.*

129. To *make a Pippin tart.*

Take of the Fairest *Pippins*, and pare them, and then divide them just in halves, and take out the Cores clean, then Roul the Coffin flat, and raise a small verge of an Inch or more high; lay the *Pippins* with the Hollow-side downward, close one another, then put in a few *Cloves*, a stick of *Cinamon* broken, and a little piece of *Butter*, cover all clean over with *Sugar*, and so cover the Coffin, and bake it as other Tarts; when it is baked, boyl some *Butter* and *Rose-water* together, and anoint the Lid all over with it, and then scrape, or strew on it good store of *Sugar*, and so set it in the Oven again, and then serve it up.

130. To *make a cherry-tart.*

Take the Fairest *cherries* you can get, and pick them clean from Leaves and stalks, then spread out your Coffin

fin as for your *Pippin-tart*, and cover the bottom with *sugar*, then cover the *sugar* all over with *cherries*, then cover these *cherries* with *sugar*, some sticks of *cinamon*, and a few *cloves*; then lay in more *cherries*, *sugar*, *cinamon*, and *cloves*, till the Coffin be filled up, then cover it and bake it, in all points as the *codling* and *Pippin-tarts*, and so serve it, In the same manner you may make Tarts of *Goose-berries*, *Strawberries*, *Rasberries*, *Bilberries*, or any other Berry whatsoever.

131. *To make a Mince-Pye.*

Take a Leg of *Mutton*; or a *Neats-Tongue*, and Parboyl it well, the *Mutton* being cut from the bone, then put to it three pound of the best Mutton-suet, shred very small; then spread it abroad, and season it with *Salt*, Cloves and Mace, then put in good store of Currans, great *Raisins*, and *Prunes* clean washed and Picked, a few Dates sliced, and some *Orange-Peels* sliced: then being all well mixt together, put it into a Coffin, or many Coffins, and so bake them, and when they are served up, open the Lids, and strew store of *Sugar* on the Top of the Meat, and Lid.

132. *To make a Calves-Foot-Pye.*

Boyl your *Calves-Feet* very well, and then Pick all the meat from the *Bones*, when it is Cold shred it as small as you can; and season it with *Cloves* and *Mace*, and put in good store of *Currans*, *Raisins* and *Prunes*, then put it into the Coffin with good store of sweet *Butter*, then break in whole sticks of *Cinamon*, and a *Nutmeg* sliced and season it with *Salt*, then close up the Coffin, and only leave a vent-hole, put in some Liquor made of *Verjuice*, *Sugar*, *Cinamon*, and *Butter* boyled together, and serve it.

133. *To make a Tansie.*

Take a certain number of *Eggs*, according to the bigness of your *Frying-Pan*, and break them into a Dish, taking away the white of every third *Egg*, then with a spoon take away the little White Chicken-knots, that stick upon the Yolks, then with a little *Cream* beat them very well together, then take of Green *Wheat-*

Blade

blades, Violet-leaves, Strawberry-leaves ; Spinage and *Succory*, of each a like quantity, and a few *Walnut-Tree-Buds* ; Chop and beat all these very well, and then strain out the Juice ; mix it then with a little more *Cream*, put to it the *Eggs*, and stir all well together ; then put in a few Crumbs of fine Grated *Bread*, *Cinamon*, *Nutmeg*, and *Salt*, then put some sweet *Butter* into a *Frying-Pan*, and as soon as it is Melted put in the *Tansey*, and fry it brown without burning, and with a dish turn it in the Pan, as occasion shall serve, strew good store of *Sugar* on it, and serve it up.

134. *To stew a Pike.*

After your *Pike* is dress'd, and opned in the back, and laid flat, as if it were to Fry, then lay it in a large Dish, put to it *White-Wine* to cover it, set it on the *Coals*, and let it boyl gently, if Scum arise, take it off, then put to it Currans, Sugar, Cinamon, *Barberies*, as many Prunes as will Garnish the Dish, then cover it close with another Dish, and let it stew till the Fruit be soft, and the Picke enough, then put to it a good piece of sweet *Butter* ; with your Scummer take up the Fish, and lay it in a dish with Sippets, then take a couple of Yolks of Eggs only, and beat them together well, with a spoonful of Cream, and as soon as the Picke is taken out, put it into the Broth, and stir it exceedingly, to keep it from Curdling, then pour the Broth upon the *Pike*, and Trim the sides of the dish with *Sugar*, *Prunes*, and *Barberies*, with slices of *Oranges* and *Lemons*, and so serve it up.

135. To *Roast Venison.*

If you would Roast any *Venison*, after you washed it, and cleansed all the Blood from it, you may stick it with *Cloves*, all over on the out-side, and if it be Lean, Lard it with either *Mutton* or *Pork-Lard*, but *Mutton* is the best, then Spit it, and Roast it by a soaking Fire, then take *Vinegar*, crumbs of *Bread*, and some of the Gravy that comes from the *Venison*, and boyl them well in a Dish, then season it with *Sugar*, *Cinamon*, *Ginger*, and *Salt*, and serve the *Venison* upon the Sauce, when Roast-

136. *To Roast a piece of fresh Sturgeon.*

Stop your *Sturgeon* with *Cloves*, then spit it, and let it roast very leasurly, basting it continually, which will take away the hardness; when it is enough, serve it upon the *Vapsion* sauce; with *Salt* only thrown upon it.

137. *To Boyl a Gurnet or Roach.*

First draw your Fish, and then either split it, or Joynt it open in the back, and Truss it round; then wash it clean, and boyl it in Water and *Salt*, with a bunch of sweet *Herbs*, then take it up in a large Dish, and pour into it *Verjuice*, *Nutmeg*, *Butter*, and *Pepper*, after it hath stewed a little, thicken it with the Yolks of Eggs, then remove it hot into another Dish, and Garnish it with slices of *Oranges* and *Lemons*, *Barberries*, *Prunes* and *Sugar*, and so serve it up.

138. *To make a carp Pye.*

After you have drawn and wash'd, and scalded a fair large *carp*, season it with *Pepper*, *Salt*, and *Nutmeg*, and then put it into a Coffin, with good store of sweet *Butter*, and then cast on *Raisins* of the *Sun*, the juice of *Lemons*, and some slices of *Orange-Peels*, and then sprinkle on a little *Vinegar*, close it up, and bake it.

139. *To make a chicken Pye.*

After you have trust your *chickens*, then break their Legs and Breast-bones, and raise your crust of the best Paste, lay them in a Coffin, close together, with their bodies full of *Butter*, and then lay upon them, and underneath them, *currans*, great *Raisins*, *Prunes*, *cinamon*, *sugar*, whole *Mace* and *sugar*, whole *Mace* and *salt*, then cover all with good store of *Butter*, and so bake it; then pour into it *White-wine*, *Rose-water*, *sugar*, *cinamon*, and *Vinegar* mixt together, with the Yolks of 2 or 3 Eggs beaten amongst it, and so serve it.

140. *To make Almond-Water.*

Take blanched *Almonds* beaten in a *Mortar* very small, puting in now and then one spoonful of *Cream*, to keep them from oyling: Then boyl as much *Cream* as you please with your beaten *Almonds*, together with a blade of *Mace*, and season it with Sugar; then strain it, and

ſtir it till it be almoſt cold, and then let it ſtand till you ſerve it; and then Garniſh your Diſh with fine Sugar ſcraped thereon.

141. *To make an Almond-Pudding.*

Take a Pound of Blanched *Almonds*, and beat them ſmall; put ſtherere ſome *Roſe-water* and *Ambergreeſe* often thereinto, as you beat them, then ſeaſon it with Nutmeg, and Sugar, and mix them with grated Bread, Beef-ſuet, and 2 Eggs, and ſo put it into a diſh, tying a Cloth round about, and boyl it.

142. *To make Water Gruel.*

Take a Pottle of Water, a handful of great *Oatmeal* Pickt, and beat in a *Mortar*, put it in boyling when it is half enough, put to it 2 handfuls of Currans waſhed, a Faggot or 2 of ſweet Herbs; 4 or 5 blades of large Mace, and a little ſliced Nutmeg, let a grain of Muſk be infuſed a while in it, when it is enough ſeaſon it with Sugar and Roſe-water, and put to it a little drawn butter.

143. *To ſtew ſauſages.*

Boyl them a little in fair water and ſalt, and for ſauce boyl ſome Currans alone, when they be almoſt tender, pour out the Water from them, and put to them a little *White-wine*, *Butter* and *ſugar*, and ſo ſerve it.

144. *To make a Rare Fricacie.*

Take young *Rabbits*, young *Chickens*, or a Rack of *Lamb*, being cut one Rib from another, and Parboyl either of theſe very well, in a Frying-pan, with a little Water and Salt, then pour the Water and Salt from it, and fry it with ſweet Butter, and make ſauce with 3 Yolks of Eggs beaten well, with 6 ſpoonfuls of Verjuice, and a little ſhred Parſley, with ſome ſliced Nutmeg, and ſcalded Goosberries, when it is Fryed pour in the Sauce all over the Meat, and ſo let it thicken a little in the Pan; then lay it in a Diſh with the ſauce, and ſerve it.

145. *To make an Oatmeal-Pudding.*

Take a pint of Milk, and put to it a pint of large Oatmeal, let it ſtand on the Fire till it be ſcalding hot,

then

then let it ſtand by and ſoak about half an hour, then pick a few ſweet Herbs and ſhred them, and put in half a Pound of Currans, and half a pound of Suet, and about 2 ſpoonfuls of Sugar, and 3 or 4 Eggs; theſe put into a bag and Boyled, do make a very good Pudding.

146. *To make an Almond Tart.*

Raiſe an excellent good Paſte, with 6 Corners an Inch deep, then take ſome Blanched *Almonds* very finely beaten with *Roſe-water*, take a pound of Sugar to a pound of *Almonds*, ſome grated *Nutmeg*, a little *Cream*, with ſtrain'd *Spinage*, as much as will cover the *Almonds* Green, ſo bake it with a gentle heat, in an *Oven*, not ſlutting the door, draw it, and ſtick it with a Candied *Orange*, *Citron*, and put in Red and White *Muſkadine*.

847. *To Boyl Pidgeons with Rice.*

Boyl your *Pidgeons* with *Mutton-broth*, putting ſweet Herbs in the bellies, then take a little *Rice*, and boyl it in *Cream* with a little whole *Mace*, ſeaſon it with Sugar, lay it thick on their breaſts, wringing alſo the Juice of *Lemon* upon them, and ſo ſerve them,

148. *To Barrel up Oyſters.*

Open your *Oyſters*, take the Liquor from them, and mix it with a reaſonable quantity of the beſt *White-Wine-Vinegar*, with a little *Salt* and *Pepper*; then put the *Oyſters* into a ſmall *Barrel*, and fill them up with this Pickle, and this will keep them 6 Months, ſweet and good, and with their Natural Taſte.

149. *To make a Cowſlip Tart.*

Take the bloſſoms of a Gallon of *Cowſlips*, Mince them exceeding ſmall, and beat them in a *Mortar*, put to them a handful or 2 of Grated *Naples-biſket*, and about a pint and half of Cream, boyl them a little on the Fire, then take them off, and beat in 8 Eggs with a little Cream, if it do not thicken, put it on the Fire till it doth gently, but take heed it Curdels not, ſeaſon it with Sugar, Roſe-water, and a little Salt: Bake it in a diſh, or little open Tarts; it is beſt to let your Cream be cold, before you ſtir in the Eggs.

150. *To Bake a calves head to be eaten cold.*

You must half boyl a fair Calves-head, then take out all the bones on both sides, and season it with the aforesaid Seasoning, and Lard it with Bacon, and a little *Lemon-peel*; then having a Coffin large enough, not very high nor thick, but make it Four-square, lay on some Sheets of Lard, on the Top, and buttery when it is bak'd and cold, fill it with clarified butter.

151. *To make Pear-Puddings.*

Take a Cold *capon*, or half Roasted, which is much better, then take Suet shread very small, the Meat and Suet together, with half as much Grated bread, two spoonfuls of *Flower*, *Nutmegs*, *Cloves*, and *Mace*, *Sugar* as much as you please, half a pound of *Currans*, the Yolks of 2 Eggs, and the White of one, and as much Cream as will make it up into a stiff *Paste*: Then make it up in Fashion of a *Pear*, a stick of *Cinamon* for the stalk, and the Head of a *Clove*.

152. *To make a Hotch-Pot.*

Take a piece of Brisket of *Beef*, a piece of *Mutton*, a Knucle of *Veal*, a good Cullender of *Pot-herbs*, half Minced *Carrots*, *Onions*, and *Cabbage*, a little broken, boyl all these together untill they be very thick.

153. *To make a Tart of Medlers.*

Take *Medlers* that are Rotten, then scrape them, and set them upon a chafing-dish of *Coals*, season them with the Yolk of Eggs, *Sugar*, *Cinamon*, and *Ginger*; let it boyl well, and lay it on *Paste*, scrape on *Sugar*, and serve it.

154. *To make a Lemon Caudel.*

Take a pint of *White-Wine*, and 2 pints of Water, and let it boyl, put to it half a *Manchet*, cut it as thin and as small as you can, put it in with some large *Mace*, then beat the Yolks of 2 Eggs to thicken it, then squeeze in the Juice of half a dozen of *Lemons*, and season it with *Sugar* and *Rose-water*.

155. *To make an* Italian *Pudding.*

Take fine *Manchet*, and cut it in small pieces like *Dice*, then put to it half a pound of *Beef-suet* Minced small, *Raisins* of the *Sun*, *Cloves*, *Mace*, *Dates* Minced, *Sugar*,

Marrow, *Rose-water*, *Eggs*, and *Cream*, mingle all these together, put them in a butter'd Dish, in less then an hour it will be well baked, when it is enough, Grape on Sugar and serve it up.

156. *To make a Gooseberry-Custard.*

When you have cut off the sticks and eyes of your Gooseberries, and wash'd them, then boyl them in water till they will break in a Spoon, then strain them, and beat half a dozen Eggs, and stir them together upon a Chafing-dish of Coals with Rose-water, then sweeten it well with Sugar, and always serve it cold.

157. *To make a Fricacie of Rabbits.*

Cut your *Rabbits* in small pieces, and mince a handful of Thyme and Parsly together, and season your Rabbits with a Nutmeg, Pepper, and Salt; then take two Eggs, and Verjuice beaten together, then throw it in the Pan, stick it, and Dish it up in Sippets.

159. *To make Cracknells.*

Take 5 or 6 pints of the finest *wheat* flower you can get, to which put in a spoonful, and not more of good Yeast; then mingle it well with Butter, Cream and Rase-water, and Sugar finely beaten, and working it well into Paste, make it into what form you please, and bake it.

160. *To make Pan-cakes.*

Put 8 Eggs to 2 quarts of Flower, casting by 4 whites, season it with *Cinamon*, *Nutmeg*, *Ginger*, *Cloves*, *Mace*, and *Salt*, then make it up into a strong *Batter* with *Milk*, beat it well together, and put in half a pint of *sack*, make it so thin that it may run in your Pan how you please, put your Pan on the fire with a little Butter, or Suet, when it is very hot, take a Cloath and wipe it out, so make your Pan very clean, then put in your Batter, and run it very thin, supply it with little bits of Butter, and so toss it often, and bake it Crisp and Brown.

161. *To*

191. *To make a Junket.*

Take Ews, or Goats-Milk, or for want of these Cows-Milk, and put it over the Fire to warm, then put it in a little Runnet, then pour it out into a dish, and let it cool, then strew on some Cinamon and Sugar, and take some of your Cream and lay on it, scrape on Sugar and serve it.

162. *To make Excellent Marrow-spinage pasties.*

Take Spinage and chop it a little, then boyl it till it be tender, then make the best rich light crust you can, and roul it out, and put a little of your Spinage into it, and Currans, and Sugar, and store of lumps of *Marrow*; clap the Pasle over this to make little Pasties deep within, and fry them with Clarified Butter.

163. *To make a Pine-apple tart.*

Beat two handfuls of Pine-apples with a prick'd Quince, and the pulp of two or three Pippins, when they are well beaten, put to them half a pint of Cream, a little Rose-water, the yolks of 6 Eggs, with a handful of Sugar, if it be thick, add a little more Cream to it, so having your thin low Coffins for it dryed, fill them up, and bake them; you may garnish them with *Orangado*, or Lozenges of *sugar-plate*, or what else you please.

164. *To dry Neats-tongues.*

Take *Bay-salt* beaten very fine, and *salt-peter*, of each alike, and rub over your Tongues very well with that, and cover all over with it, and as it wasts, put on more, and when they are very hard and stiff they are enough, then roul them in Bran, and dry them before a soft Fire, and before you boyl them, let them lye one night in Pump-water, and boyl them in the same Water.

165. *To stew Birds the Lady* Buttlers *way.*

Take small Birds, pick them, and cut off their Legs, fry them in sweet butter, lay them in a Cloath to dry up the butter, then take Oysters and mince them, and put them in a Dish, put to them White-wine and Cinamon, put in the birds with Cloves, Mace and Pepper; let all these stew together covered till they be enough, then put into it some Sugar, and some toasted Man-

Manchet, and put it in the Diſh, and ſo ſerve it up to the Table.

166. To make a ſweet-Pye with Lamb-ſtones, and ſweet-breads and ſugar.

Slit the Lamb-ſtones in the middle, and skin them, waſh the Sweet-breads both of Veal and Lamb, and wipe them very dry; take the Lamb's Liver, and ſhred it very ſmall, take the Udder of a Leg of Veal and ſlice it, ſeaſon all with a little Salt, Nutmeg, Mace and Cloves beaten, and ſome whole Pepper, then ſhred two or three Pippins, and Candied Lemon and Orange-peel, half a dozen Dates ſliced, with Currans, white Sugar, a few Caraway-ſeeds, a quarter of a pint of Verjuice, and as much Roſe-water, a couple of Eggs, roul up all theſe together with the juice of Spinage, and lay a Pudding, then a ſweet-bread, then a Lamb-ſtone, till you have, filled up the Pye, and cover them with Dates, and ſliced Citron and Lemon. When it is drawn, take two or three Yolks of Eggs, beat them, and put to them a little freſh Butter, White-wine and Sugar, and pour it into the Tunnel, ſcrape ſome Loaf-ſugar, upon the Lid, and ſo ſerve it.

165. To Roaſt Eels.

When they are flea'd, cut them to pieces, about 3 or 4 Inches long, dry them, and put them into a diſh, mince a little Thyme, 2 Onions, a piece of Lemon-peel, a little Pepper beaten ſmall, Nutmeg, Mace, and Salt, when it is cut exceeding ſmall, ſtrew it on the Eels, with the Yolks of 2 or 3 Eggs, then having a ſmall Spit, or elſe a couple of ſquare ſticks made for that purpoſe, ſpit through the Eels croſs-ways, and and put a *bay-leaf* between every piece of *Eel*, and tying the ſticks on a ſpit, let 'em roaſt; you need not turn 'em conſtantly, but let 'em ſtand till they hiſs, or are brown, ſo do them on the other ſide, and put the diſh, (in which the Eel was with the ſeaſoning) underneath to ſave the Gravy, baſte it over with ſweet butter. The Sauce muſt be a little Claret-wine, ſome minced Oyſters with their Liquor, a grated Nutmeg, and an Oni-

168. To boyl Cocks or Larks.

Boyl them with the Guts in them in ſtrong broath, or fair Water, and 3 or 4 whole Onions, large Mace and Salt, the Cocks being boyled make ſauce with ſome thin ſlices of Manchet, or grated bread in another Pipkin, and ſome of the broath where the Fowl or the Cocks boyl, then put to it ſome butter, and the Guts and Liver minced, then take ſome yolks of Eggs diſſolved with Vinegar, and ſome grated Nutmeg, put it to the other ingredients, ſtir them together, and Diſh the Fowl in fine ſippets, pour on the ſauce with ſome ſliced Lemons, Grapes, or barberries, and run it over with beaten butter.

169. To broyl Oyſters.

Take the biggeſt *oyſters* you can get, then take a little minced Thyme, grated Nutmeg, grated bread, and a little ſalt, put this to the Oyſters, then get ſome of the largeſt bottom-ſhells, and place them on the Grid-Iron, and put 2 or 3 Oyſters in each ſhell, then put ſome butter to them, and let them ſimper on the fire till the Liquor bubbles low, ſupplying it ſtill with butter, when they are criſp, feed them with White-wine, and a little of their own Liquor, with a little grated bread, Nutmeg, and minced Thyme, put as much only as to reliſh it, ſo let it boyl up again, then add ſome drawn butter to thicken them, and diſh them.

170. To pickle Oyſters.

Take a quart of the largeſt great Oyſters, with all their Liquor, waſh them clean, and wipe them, add to them a pint of fair water and half a pint of white-wine Vinegar, half an ounce of whole Pepper, an handful of Salt, a quarter of an ounce of large Mace, with the Liquor of the Oyſters ſtrained; put all toge-ther in a Pipkin over a ſoft fire, let them ſimper toge-ther a quarter of an hour; when the Oyſters are e-nough take them up, and put them into a little fair water and Vinegar, till they be cold; let the Pickle boyl a quarter of an hour after the Oyſters are taken

up, both being cold, put them up together; when you use them, Garnish the dish with Barberries and Lemon, and a little of the Mace and Pepper, and pour in some of the pickle.

171. *To make* English *Pottage.*

Make it with Beef, Mutton, and Veal, putting in some *Oatmeal*, and good pot-herbs, as parsley, Sorrel, Violet-leaves, and a very little Thyme, add sweet Marjoram, scarce to be tasted, and some Marygold-leaves at last; you may begin to boyl it over Night, and let it stand warm all Night, and make an end of boyling it next Morning, it is good to put into the pot at first 20 or 30 corns of whole *Pepper.*

172. *To stew Beef.*

Take very good Beef and slice it very thin, beat it with the back of a knife, put to it the Gravy of some Meat, and some Wine, and strong broath, sweet Herbs a quantity; let it stew till it be very tender, season it to your liking, and garnish your dish with Marygold-flowers, or barberries.

173. *To make excellent Mince'd-Pyes.*

Parboyl *Neats-tongues*, then peel and hash them with as much as they weigh of Beef-suet and stoned *Raisins*, and pickt *Currans*; chop all exceeding small, that it be like pap; employ therein at least an hour more than ordinarily is used, then mingle a very little Sugar with them, and a little Wine, and thrust it up and down, some thin slices of green Candied Citron-peel, and put this into Coffins of fine light, well reared crust; half an hours baking will be enough: If you strew a few Caraway-Comfits on the top it will not be amiss.

174. *To Pickle Roast Beef, Chine, or Surloin.*

Stuff any of the aforesaid Beef with *Penny-royal*, or other sweet *Herbs*, or *Parsley*, Minced small, and some *Salt*, prick in here and there a few whole *Cloves*, and Roast it; then take *Claret-wine*, *Wine-vinegar*, whole *Pepper*, *Rosemary*, *Bays*, and Thyme bound up close in a bundle, and boyled in some Claret-wine, and Wine vinegar;

make

make the Pickle, and put some *Salt* to it, and pack it up in a barrel that will but just hold it, put the Pickle to it, close it on the Head, and keep it for your use.

175. To *make a Double tart.*

Peel *codlings* Tenderly boyled, cut them in halves, and fill your Tart; put into it a quarter of an hundred of *codlings*, a pound and half of Sugar, a few *cloves*, and a little *cinamon*, close up the Coffin and bake it. When it comes out, cut off the Lid, and having a Lid cut in flowers ready, lay it on, and Garnish it with Preserves of Damsons, Rasberries, Apricots and Cherries, and place a preserved Quince in the Middle, and strew it with Sugar-biskets.

176. To *make a Warden or Pear-pye.*

Bake your Wardens, or Pears in an Oven, with a little Water, and a good quantity of Sugar, let your pot be covered with a piece of Dough, let them not be fully baked for a quarter of an hour, when they are cold make a high Coffin, and put them in whole, adding to them some Cloves, whole Cinamon, Sugar, with some of the Liquor they were baked in, so bake it.

177. To *bake a Pig Court Fashion.*

Flea a small Young *Pig*, cut it in quarters, or smaller pieces, and season it with Pepper, Ginger and Salt, lay it into a fit coffin, strip and Mince small a handful of Parsley, 6 sprigs of Winter-savory, strew it on the Meat in the Pye, and strew upon that the Yolks of 3 or 4 hard Eggs Minced, and lay upon them 5 or 6 blades of Mace, a handful of Clusters of Barberies, a handful of currans well washt and Pickt, a little Sugar, half a pound of sweet-butter or more; close your Pye, and set it in an Oven, as hot as for Manchet, and in 3 hours it will be well baked, draw it forth, and put in half a pound of Sugar, being warmed upon the Fire, pour it all over the Meat, and put on the Pye-lid again, scrape on Sugar, and serve it hot to the Table.

178. To *make a Pudding of Hogs-Liver.*

Boyl your Liver, and Grate it, put to it more Grated Bread then Liver, with as much fine Flower of either,

put 12 Eggs to the value of a Gallon of this Mixture with about 2 pound of Beef-suet Minced small, and a pound and half of Currans, half a quarter of a pint of *Rose-water*, a good quantity of *Cloves* and *Mace*, *Nutmeg*, *Cinamon*, and *Ginger*, all Mixed very small, Mix all these with sweet Milk, and *Cream*, and let it be no more thicker then *Fritter-batter*, to fill your *Hogs-guts*, you make it with the Maw, fit to be eaten hot at the Table; in your Knitting or tying the Guts, you must Remember to give them 3 or 4 Inches Scope: In your putting them in boyling Water, you must handle them round, to bring the Meat equal to all parts of the Gut; they will ask about half an hours Boyling, the boyling must be Sober, if the Wind rise in them, you must be ready to prick them, or else they will Flye and burst in pieces.

179. *Olives of Beef Stewed and Roasted.*

Take a Buttock of *Beef*, and cut some of it into thin slices as broad as your hand, then Hack them with the back of your Knife, Lard them with small Lard, and season them with Pepper, Salt, and Nutmeg; then make a Farsing with some sweet Herbs, Thyme, Onions, the Yolks of hard Eggs, *Beef*-suet or Lard, all Minced, some Salt, Barberries, Grapes, or Gooseberries; season it with the former Spice lightly, and work it up together, then lay it on the slices, roul them up round, with some caul of Veal, Beef, or Mutton, bake them in a dish in the Oven, or Roast them; then put them in a Pipkin, with some butter and Saffron, or none; blow off the Fat from the Gravy, and put it to them, with some Artichoaks Potatoes, Skirrets blanched, being first boyled, a little Claret-wine, and serve them on Sippets, with some sliced Orange, Lemon, barberries, Capers or Gooseberries.

180. *To make French-barley Posset.*

Put 2 quarts of Milk to half a pound of *French-barley*, boyl it small till it is enough; when the Milk is almost boyled away, put to it 3 pints of good *Cream*, let it boyl together a quarter of an hour; then sweeten it, and

put in *Mace* and *Cinamon*, in the beginning, when you firſt put in your *Cream*, when you have done ſo, take White-wine a pint, *Sack* and *White-wine* together, of each half a pint, ſweeten it as you love it with *Sugar*, pour in all the *Cream*, but leave your *Barley* in the Skillet; this will make an excellent Poſſet, nothing elſe but a tender *Curd* to the bottom; let it ſtand on the *Coals* half a quarter of an hour.

181. *To bake Chucks of Veal.*

Parboyl a pound of Lean Fleſh of a Leg of *Veal*, mince it as ſmall as grated *Bread*, with 4 pound of *Beef-ſuet*, then ſeaſon it with *Ticket*, *Dates* and *Carraways*, and ſome *Roſe-water*, *Sugar*, *Raiſins* of the Sun, and *Currans*, *Cloves*, *Mace*, *Nutmegs* and *Cinamon*; mingle them altogether, fill your pyes, and bake them.

182. *How to ſhew a Mallard.*

Roaſt your *Mallard* half enough, then take it up and cut in little pieces, then put it into a Diſh with the Gravy, and a piece of freſh *Butter*, and a handful of *Parſley* chopt ſmall, with 2 or 3 *Onions*, and a *Cabbage lettuce*, let them ſhew one hour, then ſeaſon it with *Pepper* and *Salt*, and a little *Verjuice*, and ſo ſerve it.

183. *To ſhew a Rabbit.*

Half Roaſt it, then take it off the Spit and cut it into little pieces, and then put it into a Diſh with the Gravy, and as much Liquor as will cover it, then put in a piece of *Butter*, and ſome *Powder* of *Ginger*, *Pepper* and *Salt*, 2 or 3 *Pippins* minced ſmall, let theſe ſhew an hour, and diſh them upon Sippets, and ſerve it.

184. *To make a Pidgeon-Pye.*

Truſs your *Pidgeons* to bake, and let them, and lard the one half of them with *Bacon*, mince a few ſweet Herbs and *Parſley* with a little *Beef-ſuet*, the Yolks of hard *Eggs*, and an *Onion* or two, ſeaſon it with *Salt*, beaten *Pepper*, *Cloves*, *Mace* and *Nutmeg*, work it up with a piece of *Butter*, and for the Bellies of the *Pidgeons*, ſeaſon them with *Salt* and *Pepper* as before: Take alſo as many *Lamb-ſtones*, ſeaſoned as before, with 6 Collops of *Bacon*, the *Salt* drawn out, then make a round Coffin and

put

put in your *Pidgeons*, and if you will, put in *Lamb-stones* and *Sweet-breads*, and some *Artichoak-bottoms*, or other dry Meat to soak up the Juice, because the Pye will be very sweet and full of it; then put a little *White-wine* beaten up with the yolk of an *Egg*, when it comes out of the Oven, and serve it.

184. *To Roast a Hare.*

When you Case your Hare, do not cut off his hinder Legs or Ears, but hack one Leg through another, and so also cut a hole through one Ear, and put it through the other, and so Roast him; make your Sauce with the Liver of the Hare boyled, and minced small with a little *Marjoram*, *Thyme* and *Winter-savory*, and the yolks of 3 or 4 hard Eggs, with a little *Bacon* and Beef-suet, boyl this all up with *Water* and *Vinegar*, and then grate a little Nutmeg, and put to it some sweet Butter, and a little Sugar; dish your Hare, and serve it. This may also serve for *Rabbits*.

185. *A Rare Broth.*

Take a couple of Cocks, and cut off their Wings and Legs, and wash them clean, and parboyl them very well, till there rise no scum, then wash them again in fair water, then put them in a pitcher with a pint of Rhenish-wine, and some strong broth, as much as will cover them, together with a little *China-root*, an ounce or 2 of *Harts horn*, with a few Cloves, Nutmeg, large Mace, Ginger shred, and whole Pepper, and a little *Salt*, stop your Pitcher close, that no steam may come out, boyl the pitcher in a great pot of water about 6 hours, then pour out the broth, and strain it into a Bason, and squeeze in it the juice of 2 or 3 Lemons, so eat it.

186. *To bake Sweet Breads.*

Boyl your Sweetbreads, and put to them the yolks of 2 Eggs new laid, grated bread, with some parboyled Currans, and 3 or 4 Dates minced, and when you have seasoned it lightly with Pepper, Sugar Nutmeg, and Salt, put to it the juice of a Lemon; put up all these together into puff paste, and so bake it.

187. *To make Pottage of* French-*Barley.*

Pick your *Barley* very clean from dirt and duſt, then boyl ſome *Milk*, and put it in while it boyls, when it is boyled, put in a little *Salt*, *Sugar*, large *Mace*, and a little *Cream*; and when you have boyled it pretty thick, diſh it, and ſerve it up with *Sugar* ſcraped thereon.

188. *To make a Florentine of Sweet-breads or Kidneys.*

Take 3 or 4 *Kidneys* or *Sweet-breads*, and when they are parboyled, mince them ſmall; ſeaſon it with a little *Cinamon* and *Nutmeg*, ſweeten it with *Sugar* and a little grated *Bread*, with the *Marrow* of 2 or 3 *Marrow-bones* in good big pieces, add to theſe about a quarter of a pound of *Almond-paſte*, and about half a pint of *Malaga-Sack*, 2 ſpoonfuls of *Roſe-water*, *Muſk*, and *Ambergreaſe*, of each a grain, with a quarter of a pint of *Cream*, and 3 or 4 *Eggs*, mix all together, and make it in puff-paſte, then bake it; in 3 quarters of an hour it will be enough.

189. *To make Pottage of a Capon.*

Take *Beef* and *Mutton* and cut it in pieces; then boyl a large earthen pot of *Water*, take out half the *Water*, put in your Meat and skim it, and when it boyls ſeaſon it with *Pepper* and *Salt*; when it hath boyled about 2 hours, put in 4 or 5 *Cloves*, half an hour before you think it is enough, put in your Herbs, *Sorrel*, *Purſlain*, *Burrage*, *Lettuce* and *Bugloſs*, or *Green-peaſe*, and in the Winter, *Parſley-roots*, and white *Endive*, pour the broth upon light *Bread* toaſted, and ſtew it a while in the diſh covered. If your *Water* conſume in boyling, fill it up with *Water* boyling hot. The leſs there is of the broth the better it is, though it be but a Porringer full, for then it would be as ſtiff as Jelly when cold.

190. *To make a Pye with Pippins.*

Pare your *Pippins*, and cut out the Cores, then make your Coffin of Cruſt, take a good handful of *Quinces* ſliced, and lay at the bottom, then lay your *Pippins* a-top, and fill the holes where the Core was taken out with Syrup of *Quinces* and put in every Pippin a piece of Orangado, then pour on the top Syrup of Quinces, then put in *Sugar*, and ſo cloſe it up, let it be very well baked, for it will ask much ſoaking, eſpecially the *Quinces*.

191. *To make a Pye of Neats-tongues.*

Parboyl a couple of *Neats-tongues*, then cut out the Meat at the Root-end as far as you can, not breaking it out at the ſides, take the Meat you cut out, and mingle it with a little Suet, a little Parſley and a few ſweet Herbs, cut all very ſmall, and mingled together, ſeaſon all this with *Ginger*, *Cloves*, *Mace*, *Pepper*, *Salt*, and a little grated Bread, and as much Sugar, together with the yolks of 3 or 4 Eggs; make this up together, and ſeaſon your *Tongues*, in-ſide and out-ſide, with your ſeaſoning aforeſaid, and waſh them within with the yolk of an Egg, and force them where you cut the Meat, and what remains make into a forc'd; then make your paſte into the faſhion of a *Neats-tongue*, and lay them in with Puddings, and little balls, then put to them Lemon and Dates ſhred, butter on the top, and cloſe it, when it is baked, put in a lear of the Veniſon ſauce, which is Claret-wine Vinegar, grated Bread, Cinamon, Ginger Sugar, boyl it up thick that it may run like butter, and let it be ſharp and ſweet, and ſo ſerve it.

192. *To make a Sallet of Green-Peaſe.*

Cut up as many Green-peaſe as you think will make a Sallet, when they are newly come up about half a Foot high; then ſet your Liquor over the Fire, and let it boyl, and then put them in, when they are boyled tender, put them out and drain them very well; then mince them, and put in ſome good ſweet Butter, Salt it, and ſtir it well together, and ſo ſerve it.

193. *To make a Sallet of Fennel.*

Cut your *Fennel* while it is young, and about 4 Fingers high, tye it up in bunches like *Aſparagus*, gather enough for your *Sallet*, and put it in when your *Water* is boyling hot, boyl it ſoft, drain it, diſh it up with *Butter* as the *Green-peaſe*.

194. *To make a Tanſie of Spinage.*

Take a quart of *Cream*, and about 20 *Eggs* without the Whites, add to it *Sugar* and grated *Nutmeg*, and colour it Green with the Juice of *Spinage*, then put it in your Diſh, and ſqueeze a *Lemon* or two on it: Garniſh

it with ſlices of *Orange*, then ſtrew on *Sugar*, and ſo ſerve it.

195. To make a Haſh of Ducks.

When your *Ducks* are Roaſted, take all the Fleſh from the Bones, and haſh it very thin, then put it into your ſtewing-pan with a little Gravy, ſtrong Broth and Claret-wine, put to it an Onion or two minced very ſmall, and a little ſmall Pepper, let all this boyl together with a little Salt, then put to them about a pound of Sauſages, when you think they are ready, ſtir them with a little Butter drawn: Garniſh it with Lemon, and ſerve it.

196. To make French *Puffs with Green Herbs.*

Take a quantity of *Endive*, *Parſley* and *Spinage*, and a little *Winter-ſavory*, and when you have minced them exceeding ſmall, ſeaſon them with *Sugar*, *Ginger* and *Nutmeg*; beat as many *Eggs* as you think will wet your Herbs, and ſo make it up; then pare a *Lemon* and cut in thin ſlices, and to every ſlice of *Lemon*, put a ſlice of your prepared ſtuff, then fry it in ſweet *Butter*, and ſerve them in Sippets, after you have put to them either a Glaſs of *Canary* or *White wine*.

197. To ſtew a Diſh of Breams.

Take your *Breams* and dreſs them, and dry them well, and ſalt them; then make a Charcoal Fire, and lay them on the Grid-iron over the Fire being very hot; let them be indifferent brown on both ſides, then put a Glaſs of *Claret* into a Pewter diſh, and ſet it over the Fire to boyl, put into it 2 or 3 Anchovies, as many Onions, and about half a pint of Gravy, a pint of Oyſters, with a little Thyme minced ſmall, when it hath boyled a while put to it a little melted Butter and Nutmeg: Then diſh your Bream, and pour all this upon it, and then ſet it again on the Fire, putting ſome yolks of Eggs over it.

198. To boyl a Mullet.

Having ſcalded your *Mullet*, you muſt ſave their Livers and Roes, then put them in Water boyling hot, put to them a Glaſs of *Claret*, a bundle of ſweet Herbs with

with a little Salt and Vinegar, 2 or 3 whole Onions, and a Lemon ſliced, then take ſome whole Nutmegs and quarter them, and ſome large Mace, and ſome Butter drawn with Claret, wherein diſſolve 2 or 3 Anchovies; diſh up your Fiſh, and put on your ſauce, being firſt ſeaſoned with Salt. Garniſh your diſhes with fryed Oyſters and Bay-leaves; and thus you may ſeaſon your Liquor for boyling moſt other Fiſh.

199. *To Farce, or ſtuff a Fillet of Veal.*

Take a large Leg of Veal, and cut off a couple of Fillets from it, then mince a handful of ſweet Herbs and Parſley, and the yolks of 2 or 3 hard Eggs, let all theſe be minced very ſmall, then ſeaſon it with a couple of grated Nutmegs, and a little Salt, and ſo farce or ſtuff your Veal with it, then lard it with Bacon and Thyme very well, then let it be Roaſted, and when it is almoſt enough, take ſome of your ſtuffing about a handful, and as many Currans, and put theſe to a little ſtrong broth, a Glaſs of Claret, and a little Vinegar, a little Sugar, and ſome Mace: When your Meat is almoſt ready, take it up and put it into this, and let it ſtew, putting to it a little butter melted, put your Meat in your diſh, and pour your Sauce upon it, and ſo ſerve it.

200. *To make Pudding of Rice.*

Take a good handful of Rice beaten ſmall, and put it into about 3 pints of Milk, adding a little Mace and Cinamon, then boyl it, keeping it always ſtirring, till it grow thick, then put a piece of butter into it, and let it boyl a quarter of an hour, then pour it out to cool, then put to it half a dozen Dates minced, a little Sugar, a little beaten Cinamon, and a couple of handfuls of Currans, then beat about ten Eggs, throwing away 2 or 3 of the Whites, put in ſome Salt, butter the bottom of your diſh, pour in your Pudding, let it bake half an hour, put on a little Roſe-water and Sugar, and ſerve it.

201. *To make excellent white Puddings.*

Take the Humbles of a Hog, and boyl them very

tender, then take the Heart, the Lights, and all the Flesh about them, picking them clean from all the sinewy Skins, and then chop the Meat as small as you can, then take the Liver and boyl it hard, and grate a little grated Nutmeg, Cinamon, Cloves, Mace, Sugar, and a few Carraway-seeds, with the yolks of 4 or 5 Eggs, and about a pint of the best Cream, a Glass of Canary, and a little Rose-water, with a good quantity of Hogs-suet and Salt, make all into Rouls, and let it lye about an hour and half before you put it in the Guts, laying the Guts a-steep in Rose-water before, boyl them, and have a care of breaking them.

202. *To Stew Flounders.*

Draw your *Flounders* and wash them, and Scotch them on the White-side, being put in a dish, put to them a little *White-wine*, a few Minced *Oysters*, some whole *Pepper*, and sliced *Ginger*, a few sweet Herbs. 2 or 3 *Onions* quartered, and *Salt*; put all these into your stewing Pan, covered close, and let them stew as soon as you can, then dish them on Sippets; then take some of the Liquour they were stewed in, put some *Butter* to it, and the Yolk of an Egg beaten, and pour it on the *Flounders*; Garnish it with *Lemon*, and *Ginger* beaten on the brims of the Dish.

203. *To draw Butter for Sauce.*

Cut your *Butter* into thin slices, put it into your dish, let it Melt leasurely upon the *Coals*, being often stirred, and after it is Melted, put to it a little *Vinegar*, or fair Water, which you will; beat it up till it be thick, if it keep its colour White, it is good, but if Yellow and turn'd, it is not to be used.

204. *To Roast a Salmon whole.*

Draw your *Salmon* at the Gills, and after it is scalled and washt and dry'd, Lard it with pickled *Herring*, or a Fat *Eel* salted, then take about a pint of *Oysters* par-boyled, put to these a few sweet Herbs, some Grated bread, about half a dozen hard Eggs, with 2 *Onions*, shred all these very small, and put to it *Ginger*, *Nutmeg*, *Salt*, *Pepper*, *cloves*, and *Mace*; Mix these together, and

put

put them all within the *Salmon*, at the Gills: Put them into the Oven in an Earthen Pan, born up with pieces of Wood; in the bottom of the Diſh, put *claret-wine*, and baſte your *Salmon* very well over with *Butter*, before you put it into an Oven, when it is drawn, make your ſauce of the Liquor that is in the Pan, and ſome of the ſpawn of the *Salmon* boyled, with ſome Melted *Butter* on the top, ſtick him about with Toſts and *Bay-leaves* fryed, take out the *Oyſters* from within, and Garniſh the Diſh therewith,

204. *To make excellent Sauce for Mutton, either Chines, Legs or Necks.*

Take half a dozen *Onions* ſhred very ſmall, a little ſtrong Broath, and a Glaſs of *White-wine*, boyl all theſe well together; then take half a pint of *Oyſters*, and Mince them with a little *Parſley*, and 2 or 3 ſmall bunches of *Grapes*, if in ſeaſon, with a *Nutmeg* ſliced, and the Yolks of 2 or 3 Eggs, put in all theſe together, with the former, and boyl it, and pour it all over your Meat, and then pour ſome Melted *Butter* on the Top, and ſtrew on the Yolks of 2 or 3 hard Eggs Minced ſmall.

205. *Another good Sauce for Mutton.*

Take a handful of pickled *Cucumbers*, as many *Capers*, and as much *Samphire*, put them into a little *Verjuice*, *White-wine*; and a little ſtrong Broth, and a *Lemon* cut in ſmall pieces, and a little *Nutmeg* Grated; let them boyl together, and then beat them up thick, with a Ladleful of *Butter* Melted, and a couple of Yolks of Eggs, and a little *Sugar*, Diſh your Meat upon Sippets, pour on your Sauce, and Garniſh it with *Samphire*, *Capers*, and *Barberries*.

206. *To make Sauce for Turkies or Capons.*

Take a Two-penny White-loaf, and lay it in ſoak in ſtrong Broth, with *Onions* ſliced therein, then boyl it in Gravy, together with a *Lemon* cut in ſmall pieces: A little *Nutmeg* ſliced, and ſome Melted *butter*, put this under your *Turkey* or *Capon*, and ſo ſerve it: You will find it excellent Sauce,

110. *To Fry Salmon.*

Take a *Jole*, *Chine*, or *Rand*, and Fry it in *Clarified Butter*, when it is ſtiff and Criſp Fryed, make Sauce thereof with a little *Claret-wine*, ſweet *Butter*, Grated *Nutmeg*, ſlices of *Orange*, and *Oyſter* Liquor, ſtew them altogether, and pour on the Sauce, and on that *Parſley*, *Aliſaunder*, and *Sage-leaves* Fry'd in *Butter*.

Becauſe many Books of this Nature, have the Terms of Carving added to them, as being Neceſſary for the more Proper Nominating of things; I have thought good alſo to add them: As alſo ſome Bills of Fare, both upon Ordinary and Extraordinary Occaſions.

Terms of *Carving*, both *Fiſh*, *Fowl*, and *Fleſh*.

ALLAY a *Pheaſant*.
Barb a *Lobſter*.
Border a *Paſty*.
Break a *Deer* or *Egript*.
Break a *Sarcel* or *Teal*.
Chine a *Salmon*.
Culpon a *Trout*.
Mince that *Plover*.
Rear that *Goose*.
Sauce a *Capon* or *Tench*.
Cut up a *Turkey* or *Buſtard*.
Diſmember that *Heron*.
Diſplay that *Crane*.
Diſhigure that *Peacock*.
Fin that *Chevin*.
Lench that *Brawn*.
Liſt that *Swan*.
Timber the *Fire*.
Lure an *Egg*.
Tranch that *Sturgeon*.
Sauce *Place* or *Flounders*.
Side that *Haddock*.
Splay that *Bream*.
Splat that *Pike*.
Unbrace a *Mallard*.
Under-Tench a *Porpuſs*.
Un-joynt a *Bittern*.
Unlace a *Coney*.
Untach that *Curlew*.
Untanch that *Brew*.
Spoil that *Hen*.
String that *Lamprey*.
Tame a *Crab*.
Thigh a *Pidgeon*, *Woodcock*, all manner of ſmall *Birds*.
Tanſon that *Eel*.
Truſs that *Chicken*,
Tusk a *Barbel*.

Para-

Particular Directions how to Carve, according to the former Terms of Carving.

Unlace that Coney.

LAY your *Coney* on the back, and cut away the Vents, then raiſe the Wings and the ſides; and lay the Carcaſs and the ſides together; then put to your Sauce, with a little beaten *Ginger* and *Vinegar*.

Thigh a Wood-cock.

Raiſe the Legs and Wings of the *Wood-cock*, as you would do of a *Hen*, then take out the Brains, and no other ſauce but *Salt*.

Allay a Pheaſant.

Raiſe the Legs and the Wings of a *Pheaſant*, as of a *Wood-cock*, as alſo of a *Snipe*, and a *Plover*, and only *Salt*.

Diſplay a Crane.

Unfold the Legs of the *Crane*, and cut off his Wings by the Joynts, then take up his Wings and Legs, and make ſauce of *Muſtard*, *Salt*, *Vinegar*, and a little beaten *Ginger*.

To cut up a Turkey.

Raiſe up the Leg very Fair, and open the Joynt with the point of your Knife, but cut not it off, then Lace down the Breaſt with the point of your Knife, and open the Breſt-pinion, but take it not off, then raiſe up the Merry thought betwixt the breaſt Bone and the Top, then Lace down the Fleſh on both ſides the breſt bone, and raiſe up the Fleſh called the brawn, and turn it outward upon both ſides, but break it not, nor cut it off, then cut of the Wing-pinions, at the Joynt next the body, and ſtick in each ſide the Pinion, in the place you turned out the brawn; but cut off the ſharp end of the Pinion, and take the Middle-piece, and that will fit juſt in the place; you may cut up a *Capon* or *Pheaſant* the ſame way.

Break a Sarcel, Teal, or Egript.

Raiſe the Legs and Wings of the *Teal*, and no Sauce but *Salt*.

Wing a Partridge or Quale.

Raiſe his Legs and Wings, as of a *Hen*, and if you Mince him, make Sace with a little *White-wine*, and a little beaten *Ginger*, keeping him warm upon a Chafing Diſh of Coals, till you ſerve him.

To Untauch a Curlew or Brew.

Take either of them, Raiſe the Legs, as before, and no ſauce but *Salt*.

To Unbrace a Mallard.

Raiſe up the Pinion and Legs, but take them not off, and raiſe the Merry thought from the breaſt, and Lace down each ſide with your Knife, Waving it too and Fro.

To Sauce a Capon.

Liſt up the right Leg of a *Capon*, and alſo the right Wing, and ſo lay it in the Diſh in the Poſture of Flying, and ſo ſerve them; but Remember that *Capons* and *Chickens* be only one Sauce, and *Chickens* muſt have Green Sauce or *Verjuice*.

Bills of Fare for all times of the Year; and alſo for Extraordinary Occaſions.

A Bill of Fair for Spring Seaſon.

1. A Collar of *Brawn* and *Muſtard*.
2. A *Neats-Tongue* and *Udder*.
3. Boyled *Chickens*.
4. *Green-Geeſe*.
5. A *Lumbard-Pye*.
6. A Diſh of Young *Rabits*.

Second Courſe.

1. A *Haunch* of *Veniſon*.
2. *Veal* Roaſted.
3. A diſh of *ſoles* or *ſmelts*.
4. A diſh of *Aſparagus*.
5. *Tanſie*.
6. *Tarts* and *Cuſtards*.

A bill of Fair for Midſomer.

1. *Neats-tongue* and *Colliſlowers*.
2. A Fore-quater of *Lamb*.
3. A *Chicken* Pye.
4. Boyled *Pidgeon*.
5. A couple of ſtewed *Rabits*.
6. A Breaſt of *Veal* Roaſted.

Se-

Second Course.

1. An *Artichoak* Pye.
2. A *Venison-pasty.*
3. *Lobsters* and *Salmon.*
4. A dish of *Pease.*
5. A *Goose-berry-tart.*
6. A dish of *Strawberries.*

A Bill of Fare for Harvest.

1. A *Capon* and White-broth.
2. A *Westphalia-ham* with *Pidgeons.*
3. A Grand *Sallet.*
4. A *Neats-tongue* and *Udder* Roasted.
5. A Powdered *Goose.*
6. A *Turkey* Roasted.

Second Course.

1. A *Potato* or *chicken-pye.*
2. Roasted *Partridges.*
3. *Larks* and *chickens.*
4. A Made dish.
5. A *Warden-pye*, or *Tart.*
6. *Custards.*

A Bill of Fair for Winterseasons.

1. A Collar of *Brawn.*
2. *Lambs-head* and *White broth.*
3. A *Neats tongue* and *Udder.* Roasted.
4. A dish of *Minc'd-pyes.*
5. A *Venison*, or *Lamb-pye.*
6. A dish of *chickens.*

Second Course.

1. A side of *Lamb.*
2. A dish of *Wild-Ducks.*
3. A *Quince-tart.*
4. Two *Capons* Roasted.
5. A *Turkey* Roasted.
6. A Dish of *custards.*

A Bill of Fair upon Extraordinary Occasions.

1. A Coller of *Brawn.*
2. Two Pullets boyled.
3. A Bisk of *Fish.*
4. A Dish of *carps.*
5. A Grand boyled Meat.
6. A Grand Sallet.
7. A *Venison* Pasty.
8. A Roasted Turkey.
9. A Fat Pig.
10. A Powdered *Goose.*
11. A *Haunch* of *Venison* Roasted.
12. *Neats-tongue* and *Udder* Roasted.
13. A *West-phalia-Ham* boyled.
14. A Joll of *Salmon.*
15. Minced Pyes.
16. A *Sir-loyn of Rost-beef.*
17. Cold baked Meats.
18. A dish of *custards.*

Second Course.

1. *Jellies* of all sorts.
2. A Dish of *Pheasants.*
3. A *Pike* boyled.
4. An *Oyster* Pye.
5. A Dish of *Plovers.*
6. A dish of *Larks.*
7. A Joll of *Sturgeon.*
8. A couple of *Lobsters.*
9. A *Lumber-pye.*
10. A couple of *capons.*
11. A dish of *Partridges.*
12. A Fricacy of *Fowls.*
13. A dish of *Wild ducks.*
14. A *dish of cram'd chickens.*
15. A dish of *Stewed Oysters.*
16. A *March* Pane.
17. A

17. A dish of Fruits.
18. A dish of Tarts.

A Bill of Fare for Fish days.

1. A dish of *Butter* and *Eggs*.
2. A Barrel of *Oysters*.
3. A *Pike* boyled.
4. A stewed *carp*.
5. An *Eel* Pye.
6. A Pole of *Ling*.
7. A dish of Green Fish *Buttered* with *Eggs*.
8. A dish of stewed *Oysters*.
9. A *spinage* sallet boyled.
10. A dish of *soles*.
11. A Joll of Fresh *salmon*.
12. A dish of *smelts* Fry'd.

Second course.

1. A couple of *Lobsters*.
2. A Roasted *spitchcock*.
3. A dish of *Anchovies*.
4. Fresh Cod.
5. A Bream Roasted.
6. A dish of Trouts.
7. A dish of Place boyled.
8. A dish of Peaches.
9. A *carp* Farced.
10. A *Potato* Pye.
11. A dish of *Prawns buttered*
12. *Torches* with short broth.
13. A dish of Turbut.
14. A dish of *Eel*-pouts.
15. A *sturgeon* with short broth.
16. A *dish of Tarts and custards*

A Bill of Fare for a Gentleman's House, about candlemas.

1. A Pottage with a *Hen*.
2. A *cathan* Pudding.
3. A Fricacie of *chickens*.
4. A *Leg* of *Mutton* with a Sallet.

Garnish your dishes with Barberies.

Second course.

1. A chine of *Mutton*.
2. A chine of *Veal*.
3. A *Lark* Pye.
4. Two *Pullets*, 1 *Larded*. Garnished with slices of *Orange*.

Third course.

1. A dish of *Wood-cocks*.
2. A couple of *Rabits*.
3. A dish of *Asparagus*.
4. A *West-phalia-Gammon*.

Last course.

1. Two *Oringe-tarts*, one with Herbs.
2. A *Bacon-tart*.
3. An *Apple-tart*.
4. A dish of bon Christen-Pears.
5. A dish of *Pippins*.
6. A dish of *Pear-Manes*.

A Banquet for the same season.

1. A dish of *Apricocks*.
2. A dish of *Marmalad* of *Pippins*.
3. A Dish of preserved *Cherries*.
4. A whole Red *Quince*.
5. A Dish of Dryed Sweet-Meat.

Chan-

A great FEAST *made by* Gerge Nevil, *Chancellor of* England, *and Arch-Bishop of* York, *in the days of* EDWARD *the Fourth*, 1468. *And a Bill of Fare as it was taken out of the Records of the Tower of* London.

0300 QUARTERS of Wheat,
0300 Tun of Ale.
0100 Tun of Wine.
0001 Pipe of Ipocras
0104 Oxen.
0006 Wild Bulls.
1000 Muttons.
0304 Veals.
0304 Porks.
0400 Swines.
3000 Geese.
1000 Capons.
3000 Piggs.
0400 Plovers.
0100 Dozen of Quails.
0100 Dozen of Fowls called Rees.
0400 Peacocks.
0400 Mallards and Teals.
0234 Cranes.
0104 Kidds.
3000 Chickens.
4000 Pidgeons.
4000 Coneys.
0100 Bullers.
9400 Heronshaws.
0100 Pheasants.
0500 Partridges.
0400 Woodcocks.
0100 Curlews.
1000 Egrites.
0304 Stags, Bucks, & Roes
0103 Venison Pasties cold
0508 Pikes and Breams.
6000 Dishes of Jelly.
0103 Cold Tarts.
3000 Cold Custards.
1500 Hot Venison Pasties
3000 Hot Custards.
0013 Porresses and Seals.

Besides abundance of Sweet-Meats

The Great Officers.

Earl of *Warwick*, Steward.
E. of *Northumb.* Treasurer.
Lord Hastings, Cup bearer.
Lord *Willowby*, Carver.
Lord *John* of *Buckingham*, Controuler.
Sir *Rich. Stanwig* Surveyor.
Sir *William Worlly*, Marshal of the Hall.
Eight Knights of the Hall.
Eighty Esqs; of the Hall.
Two other Surveyors of the Hall.
Sir *John Mallory*, Pantler.
Two Esqs; Keepers of the Cubbard.

Sir

Sir *John Pratenock*, Supervisor of the Hall.

Estates sitting in the Hall.

At the High-Table.

The Arch-Bishop in his State, on his right hand, the Bishops of *London*, *Durham*, and *Elie*.

On his Left hand, the Duke of *Suffolk*, the Earls of *Oxford* and *Worcester*.

At the second Table.

The Abbots of S. *Maries*.

The Doctors of Halls of *Rivones*.

The Choristers of *Rivones*.

The Prownes of *Durham*, of *Girgleu*, and of *Berleston*, of *Gilerow*, and others, the number of eighteen.

At the third Table.

The Deans of *York*, the Lords of *Cornwell*, *York*, *Durham*, with 48 Knights.

At the fourth Table.

The Deans of *Durham* and of Saint *Ambroses*, all the Prebends of the Minster.

At the fifth Table.

The Mayors of *York* and *Calice*, and all the *Aldermen*.

At the Sixth Table.

The Judges of the Land, 4 Barons of *Exchequer*, and 26 Counsellors.

At the last Table.

Sixty nine Knights, wearing the Kings Badges and his Arms.

Estates sitting in the Chief Chamber.

At the first Table.

The D. of *Gloucester* the Kings brother, and upon his right hand the Duke of *Suffolk*, and upon his left hand the Countess of *Westmorland* and *Northumberland*, and two of the E. of *Warwicks* daughters.

At the second Table.

The Barons of *Greystock*, with three other Barons.

At the third Table.

18 Gentlewomen of the the said Lands.

Estates sitting in the second Chamber. At the first table.

The elder Dutchess of *Suffolk*, Countess of *Warwick* and *Oxford*, the Ladies *Hasting* and *Barwick*.

At the second Table.

The Es. of *Northumberland* & *Westmorland*, and the Lds. of *Fitzhugh* only with 2 Bar.

At the third Table.

14 Gentlemen and 14 Gentlewomen of Quality.

In the Low Hall.

412 of the Nobility with double service.

In the Gallery. 200 Noblemens servants. 1100 Inferior Officers with their servants. 1500 Other meaner servants of all Offices. 62 Cooks.

In all 2162.

THE *Lady's DIVERSION* IN HER Garden.

CONTAINING

A Handful of Choice and Novel *Curiosities* and *Observations*, relating to PLANTS and FLOWERS.

Together,

With Brief *Directions* for the Nice *Adorning Balconies, Turrets*, and *Windows*, with *Flowers*, or *Greens*, every Month in the Year.

By Thomas Harris, Gard'ner, at *Stockwel*, in *Surrey*.

1. **Of the Garden's Form and Situation.**

HAving resolv'd upon a *Garden*, you must next pitch upon its Situation, which must not be incompass'd too close with High Buildings, but laid open to the Air, and Sun, with a convenient warm Wal-

Wall, or Fence, about it. As for the Earth, or Soil, if it be Unnatural, it must be made Natural by Art. If the Earth be Hot and Dry, then ought your *Garden* to lye upon a Level; If Cold and Wet, then it must lye Taporing or Shelving, something like the Ridge of a House. The Walks in your *Garden* are not to be Limited, but rather drawn out to your Fancy, in some Shape or Figure. But be sure let there be a Fountain, Pump, or Rivolet hard by, to furnish it with Water upon Occasion.

2. **Plants, when good, and how to Chuse them.**

After your *Garden* is fix'd, the borders and beds rais'd, the Walks roll'd with Gravel, (quite cross, from one bed to another, saving a foot with Turf, next the side of each bed) adorn it with *Painting*, &c. which will not only beautify it, but make it more durable and lasting: I say, after 'tis thus Fitted, and compleatly Dung'd ready for *Planting*, you must consider what number of *Plants* you shall want; then repair to the *Nursery-Garden* to choose your *Trees*, (which is best to be done about the middle of *September*) and be sure you fix upon none, but what appear to be very sound, and without Gum: Let 'em be of a fair Bark; and see, that they have shot considerably that year. As for your *Dwarfs* and *Wall-Trees*, let 'em be straight, with one Stem, and one Graft. Let their buds be good, and seem to promise fair.

3. **Their Diseases and Cures.**

Trees, like Mortals, are subject to many Distempers, which sometimes prove Deadly and Epidemical: But, as to Trees, the Distempers they are incident to, are chiefly caused by *Earth-Worms*, *Canker*, *Gum*, *Robines*, *Emmets*, *Green Flies*, *Garden-Mice*, *Lairs*, *Ear-Wiggs*, *Caterpillars*, *Snails*, *&c.* The first whereof lye at the Roots, and gnaw so violently the Stem, that sometimes a Tree Sickens and Dyes immediately. Now to prevent and Cure this Disease, you must be sure (so soon as you perceive the Plant to droop) to uncover the foot thereof, shorten the gnaw'd Roots thereof, search

search for, and pick carefully all the Worms out, and lay fresh wholesom Mold thereto; which will in a little time help.----- But if your Tree hath a *Canker*, draw your Knife, and with the point thereof, cut it out clearly, and clap immediately some Cow-Dung or Hogs-Dung, and wrap it round with a Rag, and the Skin or Rhind will grow again.----- If *Gum* hath fastned to the Bud, Graft, or Stem of your Trees, it is incurable; but if 'tis only fix'd on the Branch, the Cure may be effected, by cutting it off 2 or 3 Inches below the aggrieved part.----- As for *Caterpillers*, *Emmets*, *Robines*, &c. they must be pick'd and carefully brushed off. But if your Tree sickens by reason it's Branches are too heavy, give it ease, by lowering the Top-branches, or those disorderly ones in the middle, and it will again produce fine shoots. Finally, the only way to prevent 'em from being gnaw'd or wounded, by *Garden-Mice*, and *Rats*, is to set Traps and Snares to catch 'em.

4. Of Flowers.

To set down the particular Names of every *Flower*, would swell too big for my intended Brevity, and be altogether insignificant to the design of this Manual. I shall only give a Catalogue of the Names of the Chiefest of our English Flowers; which may easily be had and sufficient for adorning private Gardens. And of the first, the

Rose.

The *Damask* and *Cinamon Rose*, the *Rose* of the World, the English Red *Rose*, the bluish *Belgick Rose*, the double Musk *Rose*, the great *Apple-Rose*.

Tulip.

Florisante, Fair Ann, Superintendant, Aurora, General Essex, Susanna, Rich Parrot, Royal Parrot, Eagle, Diana.

Gilliflowers.

K. Charles the Second, Q. Catherine, K. Solomon, a lovely Flower, Fair Hellena, Mayor of London, Fair Rosanna, Paramour, the Emperor, the Empress, Prince of

of Orange, Princess of Orange, Giant Clove, Barsha, Astragon, Double Stock Gilliflowers, Double Strip'd.

Lillies.

The Fiery red bolby Lilly, Yellow Lilly, a tall fine Flower, the White Lilly of Constantinople, the Double White Lilly, the Persian Lilly.

Primroses and Cowslips.

The fair red Primrose, the Scarlet, the Red Primrose, Hose in Hose, the single Yellow with the Hose divided, the Orange-colour'd Cowslip, the Twisted Cowslip, Double Green Cowslip, Red Cowslip, or Oxslip.

Flower-de-Luce.

Rubens, or the great pale-red or peach-coloured, is a fine Flower, with party-colour'd Spanish Flower-de-Luce.

Wall-Flower.

The Double Red, the pale Yellow, the great simple Wall-Flower.

Sweet-Williams.

Of these, the double Sweet-Johns, and the Velvet Sweet-Williams, are the best; every slip of them set in the Spring, will grow, and flower in *June*.

Auriculaes.

Bears-Ears, the black Imperial, blazing-Star.

Saffron.

Crocus Verus, or the true Saffron, which is sold by Apothecaries, the Meadow-Saffron.

5. Having given you the Names of several Eminent Flowers, to Compleat your Garden, I will Entertain you with a pretty Curiosity, which is,

To change the Colours of several Flowers whilst in the Blossom.

When you are dispos'd to shew Visitants your Flowers; follow them, and after they have pass'd by a Flower of a purple Colour, take a Needle or Pencil dip'd

dip'd in Spirit of Vitriol, and ſtreak the Leaves therewith, and it ſhall immediately turn to a rich Scarlet; to the Admiration of the beholders: but you may be ſure, thoſe Leaves ſo ſtreak'd, will wither the next day.

6. The Method to be obſerved in making Hot-Beds.

As to this Particular I will inlarge a little thereon, as knowing it to be an Art worthy of Obſervation. Firſt then, it muſt be made in a place much expos'd to the Sun; where drive Stakes into the Earth, near 4 Foot diſtance, in breadth at the Ends, and for the length take your own Fancy, fill up both ends and ſides, with Wooden Stakes, almoſt a Yard above Ground; let each ſtake be drawn a foot Diſtance, and wound about with ſtraw Ropes; then Fling in your *Horſe-dung*, and Wet Litter, till it riſes 2 Foot upon a Level; then Tread it down, and Raiſe it ſo much more, and Tread down again, till it's almoſt the Heighth; next Nail ſome ſmall Boards all round on the Top, to keep in the fine ſifted Earth, which muſt be 5 Inches deep: Stick *Hazle-Rods* Arching over it, like an Arbour, ſtrong enough to ſupport *Mats*, or *Hair-cloth*, to make it Heat; and obſerve ſo ſoon as the Extream Heat is over (which you may obſerve by feeling it blood-warm) to ſow your Seeds. Note, if you are afraid, your Horſe-dung wont Heat, fling it Light up, and Mix therein Sea-coal, and it will Heat at your Pleaſure.

Obſerve likewiſe in *November*, to ſtop all Creviſes in your Green-houſes, that no cold may come in, to which end, lay ſtraw Mats, &c; and if it ſhould happen to Freeze, ſet a Pan of Charcoal in the Middle. And if your Plants be very Dry, and the Weather is not Extream, water them Moderately; Mingling your Water in a little Sheeps Dung, Cow-dung, &c. But beſure you Wet not the Leaves therewith; leſt the Cold Chill and ſtrike to the Heart thereof.

Directions

Directions for Adorning Balconies, Turrets, *and* Windows *with* Flowers *and* Greens *all the Year round.*

1. Balconies.

FIrst measure the length of your *Balcony*, that is, what Room there is, each sides the Doors, and if the bredth of your *Balcony* will allow of boxes, measure 'em out also, make your boxes 18 Inches deep; let the Corners be fasten'd with Iron plates, to preserve 'em from Warping, or Opening, with Iron handles at each end, to remove them upon Occasion: Which done, Paint 'em as you please, and lay them in Oyl, and chap your Mold therein. Now, as for the Iron-work of your *Balcony*, over which you lean, it may be set off with fine Guilded pots 2 foot distance; in the middle let there be an Image fix'd, and at each end 2 larger pots, with Lawrel, Juniper, or striped *Phillerea*. In the boxes next your *Balcony-doors*, plant on each side a *Cherry-tree*, (or 2 Dwarfs) one to ripen in *May*, and the other in *June*; and let the other Vacances be supplied with *Germander*, *Periwincle* guilded and plain, *Gilliflowers* 2 pots, the best; and two boxes of *Roses*, set oppositе to each other; And to Compleat the whole, if you can any ways contrive over your *Balcony-doors*, to set a *Creeper*, &c. it will not only beautify the Frontispiece of the House, but be very delightful and pleasant to your Chamber-Windows.

Of Turrets, or Leads.

Your *Turrets* must be measur'd out as your *Balcony*, and at a Convenient Corner for Air and prospect fix your Arbour. In the middle of your *Leads* fix an Image, Sun-Dial, or large Tree. Boxes of 5 Foot length, will be long enough, and 2 Foot high; between each box set a Guilded pot; and at the Corners let there

there ſtand Dwarfs; then fix your battlements with Summer and Winter-Greens as you pleaſe, as *Venus Cuſhion, Green-Lavender, Lavender-Spike, Stock-Gilliflowers, Tulips, Violets, Sweet Williams, Crocus's, Sweet Johns, Flower-de-Luce, Cowſlips, Auricula's*, &c.

Of Sash-Windows.

Send for your Smith, and let him make Iron-work to hold as many pots as you think fit; and put therein nothing but *Winter-Greens*, as either *Laurus Tinus, Pyracanthus Everlaſting Thorn. Mezerion, Boxes*, &c. In the *Summer* you may ſet *Mint, Baum*, &c. *Cowſlips, Primroſes*, &c. if you pleaſe, but thoſe Greens beforementioned are the beſt for Windows.

Notwithſtanding all theſe Directions I have laid down, yet if your Gardens, &c. are not duely Water'd, it is all Labour in Vain; To prevent which, take theſe few Obſervations, *viz.*

When you have a foreſight of Drowth, begin to Water before the Earth is too dry; but for Plants uſe not Well-water, for it is ſo ſtrained thorough the Earth, or rather barren Sands or Rocks, and for want of the Sun ſo chill and cold, that having no Nouriſhment, rather the contrary, doth more hurt than good; Rivers that run quick and long on ſharp Gravel are little better, but if you are forced to uſe ſuch, let it ſtand ſome time in Tubs in the Sun, mixed with Dung. Let the quantity and quality of the Dung mixed with the Water, be according to the Nature of your Plants; if your Plants be great growers and require heat, then put Horſe-dung in your Water: If your Water be bad, then put Dung into it to help it; let it ſtand in the Sun and open Air uncovered: If your Plants be fine and tender, then put *Sheep* or *Cows* dung, *Deer* or *Aſſes* dung into the Water; the worſe the Ground and more barren, be ſure to put in the more dung. Take care you Water no Plants with ſtanding ſtinking Ditch-water, nor no Water that ſtinketh; for ſweet Water (not too clear) and freſh Mould (not muſty or tainted by

ſtinking

ſtinking Weeds) is as proper for tender Plants, as ſweet and good Food, warm and clean Lodging, for tender and fine bred Perſons.

Rain-water is very good if not too long kept, but if your Veſſel be large, the oftener you ſtir it, the longer it will keep ſweet.

Large and Navigable Rivers, that receive much Soil by waſhing Streets, and the many ſinks that run into it, and which, by its motion, doth cleanſe it ſelf from that which is Noxious, both to Man and Plants, is an excellent Water for all ſorts of Plants.

The larger the Ponds be, the better the Water is for Plants, the opener to the Sun the better, the more motion they have, by Horſes waſhing in them, or Geeſe and Ducks ſwimming; 'tis ſo much the better.

Water all Seeds with the ſmalleſt or Rain-like drops you can, and not to much at a time or too fiercely, leſt you diſcover them.

For Flowers and Plants whoſe Leaves lie on the Ground, water them at ſome diſtance, by making a hollow Circle about the Plant, and pouring Water into it, by which means you avoid annoying the Leaves, by diſcolouring Water, or chilling the Roots by too ſudden Coldneſs.

In Summer-time, or all warm Seaſons, the Evening is beſt for watering, becauſe the Water will have time to ſink in the Earth, and the Plant attract it, before the Sun's heat exhales it: But in Winter or cold Weather, the Morning is the moſt proper time, that the ſuperfluous moiſture may be evaporated 'ere the cold Night overtake you, and Chill perhaps kill a tender Plant.

A drooping Plant, that you think Water will preſerve, may be watered by Filtration, *i. e.* ſet an earthen or wooden Veſſel on a Brick, full of Water, near your Plant, that all the Water may be higher than the Earth; wet a thick woollen Liſt, put one end, with a Stone or bit of Lead, into the Water, that it may keep to the bottom; lay the other end on the Ground, near the

the Root of the Plant, and the Water will diſtil out of the Bowl or Pot through the Liſt.

Monthly Obſervations for January.

LAY bare the Roots of your Fruit trees, and if the weather open, lay well-digeſted Muck to them: tranſplant young Trees, prune the reſt, and nail up your Wall fruit; cut your Vines cloſe, cleanſe your Trees of Moſs, by ſinging it off with handfuls of bolting Wheat or Rye Straw held flaming to the boughs, firſt gathering your Cions for Grafts: turn over your before-mucked Ground in your Kitchin-Garden, alſo your heaps of mixed Earth and Cow-dung for Flower-Garden: Set *Beans* and *Peaſe* in open Weather to have early; ſow Lettuce, Radiſh, Chervil, Spinage, and other Salading-plants in Hot beds.

Preſerve your beſt *Gilliflowers* and *Auricula's* from too much Wet or Snow, by laying down the pots they are planted in; or if in beds, by ſupported coverings, at a diſtance a foot or more: and what Ranunculus or Anemonies are appearing: but give them as often as you can in ſuitable Weather, airings, by taking off their coverings, but when Sun ſets, on with them again. Keep your Conſervatory cloſe where the Greens and nice plants are houſed: If it freeze very hard, put ſome clear lighted Charcoal in the middle of the Room, a little let into the ground: and if the Sun ſhine clear on the Windows or Doors thereof, open them to let in his Noon-beams, but be ſure to ſhut them cloſe again as ſoon as he declines the door.

Monthly Observations for February.

Cover the Roots of your Fruit Trees that were before bare, and yet plant those Trees you could not the last Month; and still be cleansing Trees from Moss, and the Webs of Caterpillars from the tops of twigs. Begin to graft Apples, some Pears, Plums, Cherries, &c.

Sow and set Beans, Pease, Asparagus, Radish, Parsnips, Carrots, Onions, Garlick. Plant Cabbage-plants, Potatoes, Parsley, Spinage, and other hardy Pot-herbs. Transplant your Winter-Colliflowers, to have early, into rich Soil. Now you may be making Hot-beds to sow your Musk-mellon-seeds, and Cucumbers, at the full Moon in this Month, which must first be steeped in new Cows-Milk twenty four hours; then place three in a hole; When they peep, which will be in seven days, let in the Sun-shine, or clear Air, but cover 'em again at Night. Still keep close your Conservatory.

Sow *Auricula-seeds* into Mallow Earth, and sow the same but one thick; place best *Auricula* in pots in the Sun; Secure your choice Flowers in Beds with Tiles, if they appear above Ground, and plant some *Anemonies*, the Weather open, for later Flowers; place your Boxes sown with choice Seed, free from sharp winds, and secured from too much wet.

Monthly Observations for March.

BEstir your self now in grafting; and early on good Plum-stocks, graft *Apricocks*, *Nectarines*, and *Peaches*; Many may miss, but never all yet with me: Raise up Pots of Earth to convenient branches, which degg down therein, first slitting the underside where you lay them, they shall by *October* following, being often

often water'd, put forth knobs or roots, and both grow when cut off, and well set in rich Earth; and one Tree so taking, is worth ten others, because each Sprout or Shoot from the Root is the same kind, when those of inoculated or grafted, are only the Plumbs grafted or inoculated. Steak and bind up weak Shrubs and Plants, slip and set *Sage*, *Rosemary*, *Lavender*, *Thyme*, (except *Mastick*, being too early;) sow *Endive*, *Succory*, *Leeks*, *Radish*, *Beets*, *Parsnips*, *Skirits*, *Parsly*, *Sorrel*, *Bugloss*, *Burrage*, *Chervils*, &c. Sow *Lettuce*, *Onions*, *Garlick*, *Purslain*, *Turnips*, *Peas*, *Carrots*, *Cabbages*, *Cresses*, *Fennel*, *Marjoram*, &c. Transplant Medicinal Plants, string your *Strawberry-Beds*; cover your Musk-Millon-plants on your Hot-bed with Beer-glasses till you remove them.

Sow *Auriculaseeds* as directed, at *Michaelmas*; also *Sweet-Williams*, *Wall-Flower*, *Stock-July-Flowers*, *Venus Looking-glass*, *Candy-Tuffs*, *French Hony-suckles*, *Primrose* and *Cowslip seeds*, *Lark-spurs*, *Rose-Campions*, *Lichnis*, *Campanula*, *Indian Scabious* &c. also *Pinks*, or rather *July-flower-seeds*; on your Hot-beds sow *Flora Africanus*, or *French* Marigolds, Amaranths, *Nasturtium Indicum*, or Indian Cresses, Marvel of the World, &c. Transplant *July-Flowers*, *Auriculas*, if occasion, and all other Fibrous rooted Plants; new earthing up your unremoved *July Flowers*, *Auriculas*, &c.

Monthly Observations for April.

In this Month you may Sow Scurvigrass, Carnations, Radish, Marjoram, Time, Winter-Savoury, Purslain, Marigolds, Hysop, and Lettice; You may also set Slips of Rosemary, Lavender, Time, Artichoaks, &c. Remove your tender Shrubs, and Slip them after gentle Showers; and also set French Beans.

Fix Tiltings over your choicest Tulips: Open the Doors and Windows of your Green Houses, and use the Inhabitants to the Air. Shelter your young Seedling *Auriculas* from the excessive Heat of the Sun; and con-

tinue Hot-beds for Exoticks, and remove them into them, till the Earth is warm enough to preserve them abroad.

Monthly Observations for May.

BEgin to Inoculate in this Month, according as you find Buds ready, which take off the middle of your Sprouts. Fetch out your Greens, and transplant them into Boxes fill'd with good Earth, mix'd with one part of rotten Cow-dung, putting Sticks, Brick-bats, Rubbish, and Shells, to make the Earth lye light, and so make a Hole for the Water at the bottom; then set your Plants therein, but not deep, Water 'em, and set 'em in the Sun. Gather Seeds of *Anemonies*, as the Dew rises, or you will lose it by the Wind; sow hot and Aromatick Herbs, and in the full Moon plant Stock-July-Flowers in Beds; and still keep Weeding your Gardens, *&c.*

Monthly Observations for June.

WAter new planted Trees, and put rotten Fern about their Stems. Inoculate Apples, Pears, and Wall Fruit, *&c.* Lop off needless Branches from your Vines, and stop the Joint. Gather Herbs to keep in the full of the Moon; and Sow Radish, Lettice, Chervil, *&c.*

Lay *July Flowers*, which will Root in Six Weeks, and what are now blown, of a good sort, keep for Seed, allowing them but few Layers to give Nourishment to, and but few Buds; you will find the Seed-pod to be fill'd with the fairer Seed. Take up Anemonies, Ranunculus, keep them from Moulding.

Monthly Observations for July.

PRune Apricocks and Peaches, leaving the most likely Shoots well plac'd. Water Young planted Tree and Layers; let Olatory Herbs run to Seed.

Clip

Clip Box out of Order, after Rain: Slip Stocks Plants and Flowers; Lay Mirtles, Jasemines, and other Greens. At the end of this Month, sift your Beds of Off-sets of Tulips, and for Anemonies, Ranunculus's, &c. Sow Anemonie Seeds, in fine sifted rich Earth in Beds or Boxes.

Monthly Observations for August.

PRune off superfluous Branches and Shoots of the second Spring. Pluck up Suckets. Inoculate early, if at all, in this Month. Sow Colliflowers and Cabbages for Winter-plants. Sow Corn-sallet, Mary-golds, Lettuce, Carrots, Parsnips, Spinage, Onions, curled Endive, Angelica, Scurvygrass, Larks-heel, Columbines, Iron colour'd Fox-gloves, Holihocks, and such Plants as endure Winter. Transplant such Lettuce you would have abide all Winter; pull up ripe Onions, Garlick, &c. gather Olitory-seeds; clip such Herbs before the Full-moon, an handful high. Sow Purslain, Chervil, &c. Make Summer-syder, and Perry. Gather seeds of Shrubs, being ripe.

Take Bulb roots of Lillies, &c. *Bartholomew-tide*, the only secure season for removing and laying Perennial Greens, Oranges, Lemons, Mirtles, Phylareas, Oleanders, Jasmine, Arbutus, and other rare Shrubs, as Pomegranates, Roses, and whatever is most obnoxious to Frosts, taking the shoots and branches of the last Spring, and pegging them down with a hook-stick, in very rich Earth and Soil, perfectly consumed; Water them on all occasions in Summer; by this time Twelve-month they will be ready to remove into good Earth set in the shade, kept moderately moist: Three Weeks past, set them in some more airy place, but not in the Sun, till 15 Days more. Now putnew Earth in your Pots of Auricula's, transplant and divide their Roots into a light rich Earth: Also your best Primroses and Oxlips: Also your Campions, or Lychnis Calcidonices. Transplant seedling Anemonies; set Colchicums, Spiderworts,

Monthly Obſervations for September.

GAther your ripe Winter-fruit be ſure in dry weather. You may yet ſow Lettuce, Raddiſh, Spinage, &c. and Winter-herbs. Tranſplant moſt part of eating, and phyſical Herbs, Artichoaks, and Aſparagus-roots, and Strawberries, &c.

As the Weather directs, about *Michaelmas*, in fair Weather, be ſure avoid a foggy day, retire your choice Greens, and rareſt Plants (being dry) into the Conſervatory; as Oranges, Lemons, Indian and Spaniſh Jaſmines, Oleanders, Barba Jovis, Amomum Plinii, Citiſus Lunatus, Chamælea Tricoccos, C'ſtus Ledan Cluſii, Dates, Aloes, Sedums, &c. ordering them with freſh Mould, as taught in *May*, to nouriſh them all the Winter, leaving as yet the Doors and Windows open, giving them much Air, ſo the Wind is not ſharp nor the Weather foggy, till the Weather's more cold and ſharp; and as that increaſes, the more encloſe them, till wholly ſhut up, as the Weather gives occaſion: Mirtles will endure abroad near a Month longer. The cold coming on, ſet ſuch Plants as will not endure the Houſe, int othe Earth, the Pots 2 or 3 Inches lower than the ſurface of the Earth, under a ſouthern expoſure, covering them with Glaſſes, cloathed with ſweet and dry Moſs; but upon all fair Days, and in ſunny and ſweet Showers, take them off. Thus preſerve your Marum Syriacum, Cyſtus's, Geranicum, Nocte olens, Flos Cardina is, Maracoes, ſeedling Arburus, choice Ranunculus and Anemonies, and thus covering them till *April*. Plant Tulips, and all bulbous Roots, but your choice of each defer till the latter end of the next Month. Sow Auricula's, Crocus, Primroſe, and Cowſlip-ſeeds, Frittary, and Tulip-ſeeds, &c.

Monthly Obſervations for October.

NOW is the time for ſetting Fruit-ſtores; which if the Fruit ſoon ripe, keep them in Sand till now: ſet them 3 Inches deep, the ſharp end uppermoſt, and cover them with Fern or Straw to keep them warm in the Winter: but at the Spring take it off. You may ſow Lettuce, &c. for tender Salleting. Trench Ground for both: plant or tranſplant all ſorts of Fruit-trees, having loſt their leaves: Wall-trees above a Years Grafting: lay bare the Roots of old unthriving, or over-haſty blooming Trees, their Fruit dry, the Moon decreaſing.

Remove your beſt and niceſt *July*-flowers to ſhelter from much Rain or Wet, and where Snow may not be apt to fall on them, and bruſh it off gently, when fallen on thoſe that are not capable of ſhelter. And this Month trim them all up with freſh Mould. Set your choice Tulips: you may now alſo ſow their ſeeds. plant ſome Anemonies and Ranunculus's in prepared Earth, as directed in the Vade Mecum: but they muſt be covered, when they appear from the Froſts, that will otherwiſe kill them all: Therefore your beſt, ſet not till *December*.

Monthly Obſervations for November.

TRench and fit Ground for Artichoaks, and plant Trees for Standards, or Walls. Lay in your Cellars, Carrots, Turnips, Parſnips, Cabbages, and Colliflowers, for Seed, to be Tranſplanted in the Spring. Furniſh your Nurſery with Stocks for Grafting, and turn up your Melon ground, mixing with it your richeſt Earth, and lay it in ridges in the Spring.

If the Weather require it, encloſe your tender Plants and *Perennial* Greens, Shrubs, *&c.* in your Conſervatory, ſtopping all entrance of Cold, eſpecially ſharp Winds. Give not your Sedums, or Aloes, one drop of

Water all the Winter. Sow *Auricula* Seeds, and cover peeping Ranunculus's, &c. Likewise plant Fibrous Roots, Lilax, Syringaes, Peonies, Althea frutex, and Roses. If the Plants are very Dry, and it don't Freeze, Refresh them Sparingly, with Water mingled with Cow or Sheep's Dung.

Monthly Observations for December.

PRune Standard Trees, and prune and cut Wall-Fruit. Trench Ground, and Dung it for Borders, planting Fruit-Trees, Plant Vines, and Stocks for Grafting; and Set early *Peas* and *Beans*.

Now keep your Garden-house well secur'd against Cold; and preserve Anemonies, Ranunculus's, and best *July-Flowers*, from great Rain, sharp Winds and Frost.

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